Grand Traverse County Health Department

My Child

at 4 1/2 years

By 4 1/2 years old...

Your child has a very active imagination.
Your child likes to use a wooden spoon for a magic wand, and a dress mom doesn't wear anymore for a ball gown for a perfect rainy day of fun. Develop a dress-up box for your child, and get involved. Let your child tell you what part to play.

Screen time:

Watch how much they watch!

The America Academy of Pediatrics recommends one hour or less of screen time for ages two through five years old.

Excess screen time has been linked to: **obesity, irregular sleep, behavioral problems, loss of social skills** and **violence**.

Also, make sure the screen time is quality! What is being viewed is even more important than how long it's viewed.

Watch me grow! I can. . .

- Grow 2 to 2 /12 inches per year.
- Gain about 5 pounds per year.

What I need. . .

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, ½ slice cheese, ½ cup yogurt.
- 2 fruit and 3 vegetable servings a day. (One serving is equal to ½ cup of vegetables or ½ piece of fruit including:
  - At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice.
- 4 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 8 grain servings a day (serving size is ½ slice of bread, ½ cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To eat when I'm hungry.

Show me love by. . .

- Encouraging me to draw with paper and pencils.
- Teaching me about shapes and objects.
- Taking me to the park or playground.
- Allowing me to use my imagination by giving me things to play with like dress-up clothes, kitchen sets and blocks.
- Asking me what happened while we're reading a story together.
- Using words like "first", "second", and "finally" when talking about everyday activities. This helps me learn about the sequence of events.
- Saying colors in books, pictures, and things at home.
- Counting common items, like the number of snack crackers, stairs or toys.

Don't forget . . . I can

- Understand the idea of counting.
- Start to understand time.
- Understand the idea of "same" and "different".
- Play board or card games.
- Pour, cut or mash my food with your supervision.
- Cooperate with other children.
- Talk about what I like and what I'm interested in.

Keep me safe...and please...

- Label my clothing on the inside where it is not obvious to everyone.
- Give me a secret code word for emergencies. A funny word that only you and I know. Remind me that I'm not to go with anyone that doesn't have the code word.
- Make sure that my school or child care provider has a list of people that can pick me up in case of emergency.
- Praise me for things I do well and for following the

You can take care of my oral health by...

- Taking me for a dental check-up. If you have Medicaid, Healthy Kids Delta Dental, call 1-877-321-7070 to find out about Dental Clinics North.
- Helping me with brushing teeth twice a day.

(231) 995-6112

www.gtchd.org

Exploring my world . . . I can

- Serve myself food.
- Draw a person with 2-4 body parts.
- Begin to describe objects (the ball is round).
- Climb a playground slide without help.
- Put together a 5-7 piece puzzle.
- Button or unbutton clothing.
- Use scissors.
- Catch a bounced ball most of the time.
- Be more and more creative with make-believe play.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Use endings of words such as "-s", "-ed", and "ing"
- ✓ Catch a large ball with both hands
- ✓ Hop up and down on one foot without losing my balance or falling
- ✓ Color mostly in the lines in a coloring book
- ✓ Name 5 different colors correctly
- ✓ Say my name, age, sex, or city I live in

The Path to Reading... 4 1/2 years

You can:

★ **Look at words and letters with your child.** Help him notice that the words and letters are what make up the print.

★ **Cook together.** Children love creating in the kitchen. Cooking is a good way to teach your child how to look at directions and follow a recipe.

★ **Play games like "I Spy."** You can play this game using colors; "I spy something red," or letters; "I spy something that stars with 'S,' or sounds; "I spy something that goes buzz."

Book Corner: Alphabet books are a wonderful way to expose your child to letters and sounds. There are many different types of alphabet books that include photos, pictures, rhymes, and stories.

Check out these websites for FREE info!

WIC Website for Feeding Information
www.wichealth.org

Your Child—General Health information:
http://www.med.umich.edu/yourchild/index.htm

POISON CONTROL
Available 24 hours a day
7 days a week
1-800-222-1222

Find us on Facebook!
@GTHealthDept

Follow us on Twitter!
@GTCHD

Grand Traverse County 1851 HEALTH DEPARTMENT

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This institution is an equal opportunity provider and employer.

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.