

age 4 through 6 years

Your Growing Child

A Family Brochure

Children grow, change and learn differently. Here are some tips to help you enjoy and keep your child healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your child.

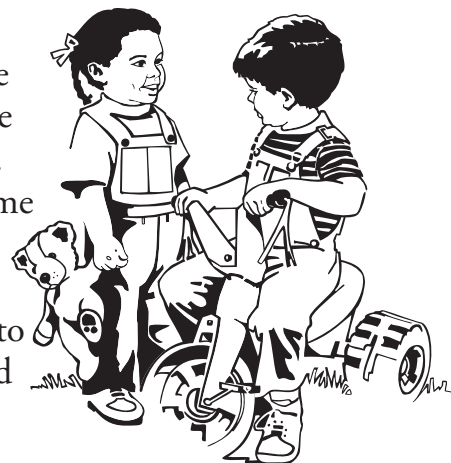
Health

At this age children:

- Need a Child and Teen Checkups health check at 4, 5 and 6 years. Regular health checks are important. Remember: an Early Childhood Screening is required before starting school.
- Eat 3 meals with the family and 1-2 healthy snacks a day.
- Eat what you prepare for everyone else. You decide what to serve, when and where. Let your child decide how much (if any) to eat.
- Need to brush their teeth daily and visit the dentist regularly. Ask about sealants, thumbsucking and pacifier use.
- May sleep 9-11 hours at night. Keep a regular bedtime routine.



- May be afraid of the dark or have nightmares. Read bedtime stories and use a night light to comfort and help them feel safe.



Learning

Children at this age:

- Can be understood easily, count to 10 or 20, say the ABCs, know colors and memorize books or songs.
- Run, hop, skip, play catch and ride a tricycle and even a bike without training wheels.
- Like to do puzzles, color and draw pictures and write their name.
- Choose their own clothes, get dressed by themselves, wash hands and comb hair.
- Begin to know right from wrong and can do simple household chores.
- Are learning how to get along with friends and siblings. Help them learn self control and how to verbalize emotions.

Safety

- **ALWAYS** use an approved car seat or car booster seat, properly secured in the back seat.
- Keep your hot water temperature below 120°F. Before bathing your child, check the water temperature with your wrist.
- Use smoke detectors and check them twice per year. Have a fire safety plan and practice it.
- Don't let **anyone** smoke around your child.
- Children are curious. Lock up your guns and bullets separately. It's the law!
- Teach safety with animals.
- Wear helmets and life jackets. Be a good example.
- Talk to your child about strangers and explain "good touch vs. bad touch." Your clinic or police department may have helpful information.
- Make sure your child knows his/her full name, parents' names, home phone number and emergency number (911).
- Child proof your home.
- Use non-violent discipline.

Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1-800-358-0377.

កំណត់សំគាល់ ៖ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿង របស់អ្នក ឬហៅទូរស័ព្ទមកលេខ 1-888-468-3787 ។

Pažnja. Ako vam treba besplatna pomoć za tumačenje ovog dokumenta, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu rau 1-888-486-8377.

ໂປຣດຊາບ. ຖ້າທ່ານ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພໍ, ຈົ່ງຖາມພະນັກງານກຳກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທໂປຣໄປທີ່ 1-888-487-8251.

Hubachiisa. Dokumentiin kun bilisa akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbilli 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1-888-562-5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalkan, hawl wadeenkaaga weydiiso ama wac lambarka 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1-888-428-3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1-888-554-8759.

LB1-0006 (3-13)

ADA2 (12-12)

This information is available in accessible formats for individuals with disabilities by calling 651-431-2621 or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.

Minnesota Poison Information
1-800-222-1222
Minnesota Immunization Hotline
1-800-657-3970

