



Injury Prevention



The most common accidents that occur at this age:

- **Dog Bites:** Teach your child to be careful around strange dogs, especially when they are eating.
- **Bikes, Scooters and Roller Blades:** Wear a helmet and if on a scooter or roller blades; we recommend elbow, wrist and kneepads.
- **Accidents:** that commonly occur are related to guns, power tools, matches and poisonings.
- **Drowning:** Do not leave your child unsupervised in or near pools.
- **Fires:** Have a fire escape plan. Check smoke and carbon monoxide batteries during clock changes (twice a year).
- **Strangers:** Talk to your child about situations where a stranger may talk to them (e.g. Your mom told me to come pick you up) and touching (see special section)

Nutrition

Many children in the United States lack the recommended 3 vegetables and 2 fruits per day. These should be offered daily in place of sugary and salty snacks. The best way to ensure lifelong behaviors is for parents to model the behaviors they want their child to have.

- If your drinking water does not contain fluoride, your child should be taking ½ (0.5) mg daily.
- Let your child help in the kitchen. They are more likely to eat foods they help prepare.
- Mealtime should be family time. TV should be off.
- Limit juices to 4-6 ounces per day. Many children will fill up on them. Fresh fruit has less sugar. Soda should be given rarely if at all.
- You pick **what** your child eats, they pick **how much**.

Healthy Habits

Provide time for your child to play with others his age. Assign chores



such as setting and cleaning the table.

- Encourage activities that require your child to figure things out.
- Take exploratory walks.
- 5-2-1-0 means eat 5 servings of fruits and veggies per day, limit screen time (TV, Computer and Video games to 2 hours or less, encourage 1 hour of physical activity per day and 0 beverages with added sugar.
- Encourage regular daily activities that are fun..

By age 4, 95% of children are bowel trained, 10% wet during the daytime and 25% wet at night.

Next Visit

Your next health visit will be the 5 year old well child visit.

Discipline

Use the following guidelines for setting rules:

- **Express each misbehavior as a clear and concrete rule.** Examples of rules are "Don't push your brother" and "Don't interrupt me on the phone."
- **Also state the acceptable or appropriate behavior.** Your child needs to know what is expected of their. Examples are "Play with your brother," "Look at books when I'm on the phone." or "Walk, don't run."
- **Ignore unimportant or irrelevant misbehavior:** Avoid constant criticism. Behavior such as swinging the legs, poor table manners, or normal negativism is unimportant during the early years.
- **Use rules that are fair and attainable.** A child should not be punished for behavior that is part of normal emotional development, such as thumb sucking, fears of being separated from the parents, and toilet training accidents.
- **Concentrate on the most important 2-3 rules initially.** Give highest priority to issues of safety, such as not running into the street, and to the prevention of harm to others. Of next importance is behavior that damages property. Then come all the annoying behavior traits that wear you down (such as tantrums or whining).
- **Avoid trying to change "no-win" behavior through punishment.** Examples are

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wetting pants, pulling their own hair, thumb sucking, body rocking, masturbation, not eating enough, not going to sleep, and refusal to complete schoolwork. The first step in resolving such a power struggle is to withdraw from the conflict and stop punishing your child for the misbehavior. Then give your child positive feedback when they behave as you'd like.

➤ **Apply the rules consistently.** After you agree on the rules, it may be helpful to write them down and post them.

Use the following techniques for this age:

➤ **Distract your child from misbehavior.**

➤ **Ignore the misbehavior:** for harmless behaviors (e.g. sulking).

➤ **Use verbal and nonverbal disapproval:** get close, make eye contact and give a brief no.

➤ **Physically move or escort**

(**manual guidance**): if needed.

➤ **Use temporary time out or social isolation:** 1 minute per year up to 5 minutes max in a boring place.

➤ **Restrict places where a child can be showing certain behaviors:** Helpful for those that can't be eliminated (e.g. nose picking or masturbation.)

➤ **Use natural consequences:** Your child can learn from the natural laws of the physical world. For example, not dressing in the morning means they go to school with their pajamas. Breaking a toy means they cannot play with it.

➤ **Use logical consequences:** These should be directly related to the behavior making your child accountable for the behavior.

➤ **Delay a privilege:** Examples include: "After you clean your room, you can go outside."

A Guide for Giving

Good Touch, Bad Touch-Simple Tips for Parents

Safety rules to help you teach the difference between affection and abuse

1. Teach your children that they are special and deserve good touching.
2. Find out what your children know about good and bad types of touching. By asking them questions you let them know it is okay to talk about these things.
3. Be simple and specific to be sure they understand you.
4. Be calm and matter of fact. This does not have to be embarrassing. It is okay to tell them that it may be difficult to talk about it – they will know this from your attitude anyway.
5. Teach your children the correct names for all the body parts.
6. Encourage your children to come to you for any questions about this.
7. Encourage them to trust their feelings. Tell them it is okay to say NO to ANYONE who touches them in a hurting or confusing way, and that they should tell you about it.
8. Teach your children that it is wrong to keep secrets about touching. Let them know who they can tell.
9. Teach your children that it is wrong for another person to forcefully touch them on their private parts or inside their pants.
10. Teach your children that it is wrong for them to be forced into looking at or touching another person's private parts.

The Wellness Times

Consequences (Punishments)

➤ **Be un-ambivalent:** Mean what you say and follow through.

➤ **Correct with love:** Talk to your child the way you want people to talk to you. Avoid yelling or using a disrespectful tone of voice. Correct your child in a kind way. Begin your conversation with "I'm sorry I can't let you..."

➤ **Apply the consequence immediately:** Delayed punishments are less effective because children forget why they are being punished.

➤ **Make a one-sentence comment about the rule when you punish your child:** Also restate the preferred behavior without a long speech.

➤ **Ignore your child's arguments while you are correcting them:** This is your child's way of delaying punishment.

➤ **Make the punishment brief:** Take toys out of circulation for no more than 1 or 2 days.

➤ **Follow the consequence with love and trust:** Welcome your child back into the family circle and do not comment upon the previous misbehavior or require an apology for it.

➤ **Direct the punishment against the misbehavior, not the person:** Avoid degrading comments such as "You just aren't getting it are you".

Adapted from Barton D. Schmitt, M.D., *Your Child's Health*, Bantam Books, 1987.