



The World of Four Year Olds!

4-C: Community Coordinated Child Care • 155 North Third Street, Suite 300 • DeKalb, IL 60115

For more information contact 4-C staff by phone:

1-815-758-8149
or
1-800-848-8727

Nurse
Ext. 289 or 241

Social Worker
Ext. 242

Provider Support
Consultant
Ext. 233 or 286

Help Finding
Child Care
Ext. 230

Help Paying for
Child Care
Ext. 225

Parenting Support
& Information
Ext. 237

Helpful Hints:

The free Poison Control Number is 1-800-222-1222.

Monitor health practices such as hand washing & tooth brushing.

Attend preschool screenings.

Never use food as a reward or punishment.

Visit the dentist for a checkup.

Sing, dance, and enjoy music.

Teach about water safety and swimming skills.

Read, Read, Read.

Enjoy parenting!

Nutrition and Feeding:

- Four's usually have well developed table manners.
- They use silverware well, and enjoy scooping and dipping food.
- It's the adults' responsibility to supply safe, nutritious food to a child, and it's the child's responsibility to choose what and how much they'll eat.
- Food should never be used as a reward or punishment.
- They should be offered three meals and 2-3 snacks each day. They should be offered food about every 2-3 hours.
- Fours can assist with meal preparation and can wash, cut, stir, and chop food. This participation increases the likelihood of their eating what they've helped prepare.
- They enjoy food that is rich in color, texture, and variety.
- A typical lunch or dinner should include meat or protein, vegetable &/or fruit, bread & butter, and milk. A serving size of fruit &/or vegetable is ½ cup, and meat is 1 ounce.
- Meals and snacks should be offered at the table with others.
- Sugary foods, including juice should be offered only occasionally.
- Offer water or whole or 2% milk as drinks.

Illness & Immunization:

Four year olds usually have a well-developed immune system. They are capable of following good health practices.

Immunization protects children from many diseases and the suffering and complications they cause. To be protected, four year old children should be immunized as follows:

- **HepB** (Hepatitis Type B): doses at birth, between 1-2 months & between 6-18 mos;
- **DTaP** (Diphtheria, Tetanus, Pertusis): doses at 2, 4, 6 months & a booster at 12 to 18 months, and **4 to 6 years**.
- **IPV** (Polio): doses at 2, 4, months, a booster at 6 - 18 months, & a booster at **4 to 6 years**.
- **Hib** (Haemophilus Influenza type b): doses at 2, (4) & 6 months, and a booster at 12 - 15 months. Dose in (4) may not be needed.
- **PVC** (Pneumococcal): doses at 2, 4 & 6 months, and a booster at 12-15 months.
- **MMR** (Measles, Mumps, Rubella): the first dose at 12-15 months, & a booster at **4 to 6 years**.
- **Varicella** (Chicken Pox): 1st dose 12-15 months, & a booster at **4 to 6 years**.
- **Flu** (Influenza): **annual dose** starting at age 6 months.
- **HepA** (Hepatitis A): 2 doses 12-24 months.
- **Rota** (Rotavirus): Doses at 2, 4, & 6 mos.

Parent and Child Relationship:

- Read daily for enjoyment, learning and language development.
- Daily, dedicate at least 15 minutes of uninterrupted play and talk time (without TV or phone conversations).
- Four's enjoy board and tabletop games played with others.
- Prepare four's in advance for changing schedules and events. This aids in their sense of security and trust.
- Limit TV and screen time to less than 30 minutes each day.
- Four's enjoy jokes, humor, and storytelling for fun. Recognize that storytelling is not lying and should not be reprimanded.
- Nurture the interests of four's. Explain as much as possible about their interests, surroundings, and nature.
- Teach four's to be caretakers of their environment.
- Encourage empathy and caretaking, and help four's identify and name their feelings and emotions.
- Make active play part of the daily routine.
- Four's enjoy family traditions and celebrations.

Expected Growth and Development:

- Four's enjoy playing with others and can share cooperatively.
- They can throw overhand and can catch a ball with two hands.
- Four's can jump with both feet, and can easily climb ladders and stairs.
- They can display empathy for an animal or person and offer comfort.
- They use scissors well and hold pencils correctly.
- Four's recognize numbers, letters, and colors.
- They can usually count to ten.
- When demonstrated, four's can copy a circle and intersecting lines.
- They enjoy art and music activities.
- They bathe and dress themselves without help.
- They are able to work 6 piece puzzles.
- Threes develop an understanding that family members are separate people.
- They enjoy active play as well as table games.

Safety:

- Be certain that riding toys fit the child for size and ability.
- Helmet use during riding, skating, etc. offers protection against head injury.
- Teach about stranger safety.
- Inspect play areas and equipment at home and in parks.
- Keep outdoor cooking grills away from children.
- Teach about animal safety.
- Protect from water hazards.
- Even in play, avoid tossing, or spinning children as brain injury can occur from such quick movements.
- Check water heater temperatures to reduce risk of burns from hot tap water.
- Use smoke and carbon monoxide detectors at home.
- Do not allow smoking in the home, car, or near children as it contributes to illness and infection.
- Teach emergency 911 calling and evacuation plans and routinely practice them.
- Medicines should be kept in locked containers, out of sight and reach of children.
- Cleaning supplies must be kept out of reach and consider using non-toxic supplies.
- To avoid illness and injury, choose shoes that cover the feet.

Choose quality child care for the two year old. For information about what to look for in a quality setting and for child care referrals, call the 4-C Child Care Resource and Referral Program at 800-848-8727 or 815-758-8149 x230. For parenting information call the 4-C Family Enrichment Program at extension 237. For information about 4-C, use extension 221.