



Bright Futures Parent Handout 4 Year Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Getting Ready for School

- Ask your child to tell you about her day, friends, and activities.
- Read books together each day and ask your child questions about the stories.
- Take your child to the library and let her choose books.
- Give your child plenty of time to finish sentences.
- Listen to and treat your child with respect. Insist that others do so as well.
- Model apologizing and help your child to do so after hurting someone's feelings.
- Praise your child for being kind to others.
- Help your child express her feelings.
- Give your child the chance to play with others often.
- Consider enrolling your child in a preschool, Head Start, or community program. Let us know if we can help.

DEVELOPING HEALTHY PERSONAL HABITS

Healthy Habits

- Have relaxed family meals without TV.
- Create a calm bedtime routine.
- Have the child brush his teeth twice each day using a pea-sized amount of toothpaste with fluoride.
- Have your child spit out toothpaste, but do not rinse his mouth with water.

Safety

- Use a forward-facing car safety seat or booster seat in the back seat of all vehicles.
- Switch to a belt-positioning booster seat when your child reaches the weight or height limit for her car safety seat, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat.
- Never leave your child alone in the car, house, or yard.
- Do not permit your child to cross the street alone.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Supervise play near streets and driveways.

SAFETY

Your Community

- Stay involved in your community. Join activities when you can.
- Use correct terms for all body parts as your child becomes interested in how boys and girls differ.
- Teach your child about how to be safe with other adults.
 - No one should ask for a secret to be kept from parents.
 - No one should ask to see private parts.
 - No adult should ask for help with his private parts.
- Know that help is available if you don't feel safe.

TELEVISION AND MEDIA

TV and Media

- Be active together as a family often.
- Limit TV time to no more than 2 hours per day.
- Discuss the TV programs you watch together as a family.
- No TV in the bedroom.
- Create opportunities for daily play.
- Praise your child for being active.

What to Expect at Your Child's 5 and 6 Year Visits

We will talk about

- Keeping your child's teeth healthy
- Preparing for school
- Dealing with child's temper problems
- Eating healthy foods and staying active
- Safety outside and inside

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

SCHOOL READINESS

CHILD AND FAMILY INVOLVEMENT AND SAFETY IN THE COMMUNITY



American Academy
of Pediatrics



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Johns Creek Pediatrics Pediatric Dentist Referrals

Alpharetta Children's Dentistry

George MacMaster, DMD, Thomas Akins, DMD, Judy Christianson, DDS
Theresa Caruso, DDS, Daniel Kratzer, DMD, MS, Med, Meaghan Kindregan, DMD
Monica Sharma, DMD, J.C. Shirley, DMD, MS

Johns Creek:

3915 Johns Creek Court
Suwanee, GA 30024
(P) 678-740-0122

Alpharetta:

4205 North Point Parkway
Building C
Alpharetta, GA 30022
(P) 770-664-4936

Cumming:

110 North Corners Parkway
Cumming, GA 30040
(P) 770-664-4936

www.alpharettachildrensdentistry.com

Classic Children's Dentistry

T.J. Eberhardt, DMD
1200 Bald Ridge Marina Road
Suite 100
Cumming, GA 30041
(P) 770-888-1490

Rhonda Hogan, D.M.D, P.C. – Pediatric and Adolescent Dentistry

1380 Peachtree Industrial Boulevard, Suite 150
Suwanee, GA 30024
(P) 770.614.8914 (F) 770.619.8917
<http://www.drRhondaHogan.com/>

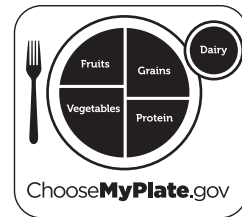
Smile Magic

Sharon DeSouza, DMD, Pushpa Sundareswaran, DMD
2880 Old Alabama Rd. Suite 400
Alpharetta, GA 30022
(P) 678.240.2777 (F) 678.240.2782
www.smilemagicga.com

My Johns Creek Dentist

Family & Cosmetic Dental Care
Mitul Patel, DDS
2627 Peachtree Pkwy., Ste 440
Suwanee, GA 30024
(P) 770.888.3384
www.myjohnscreekdentist.com

kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

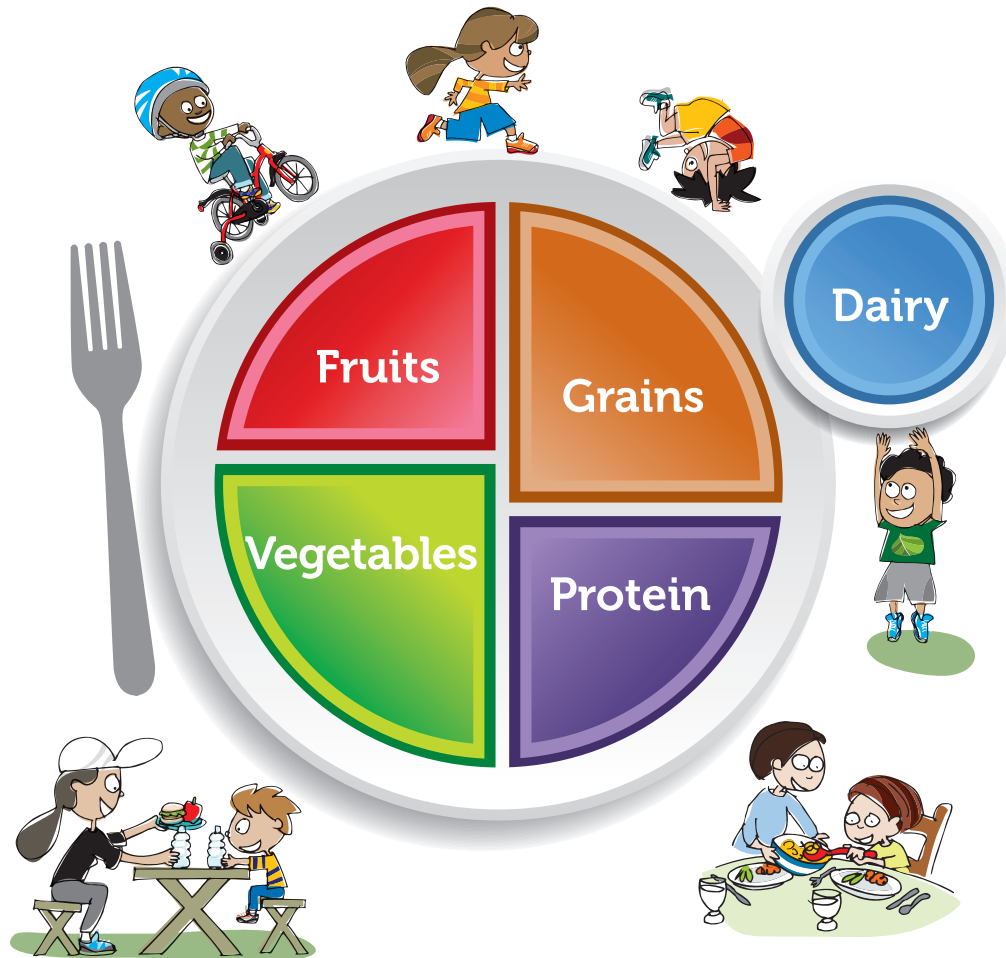
10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Healthy Eating

for **Preschoolers**



Choose **MyPlate.gov**

Get your child on the path to healthy eating.



Focus on the meal and each other.

Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.

Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.

Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

Let your children serve themselves.

Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Cook together.

Eat together.

Talk together.

Make meal time family time.



Healthy Eating for preschoolers

Daily Food Plan



Use this Plan as a general guide.

● These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.

● Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits 	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
Vegetables 	1 cup	1½ cups	1½ - 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
Protein Foods 	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese 1 string cheese

Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.choosemyplate.gov/preschoolers.html.





Alpharetta Children's Dentistry & Orthodontics

770-664-4936

Preschoolers
Tooth Quiz

Which of the following can permanently stain children's teeth?

- a.) Popsicles
- b.) Fruit
- c.) Fluoride Toothpaste
- d.) Milk

When do most children lose their first baby tooth?

- a.) 4 1/2 years old
- b.) 5 years old
- c.) 6 1/2 years old
- d.) 7 years old

True or False:
All Children Need Sealants.

- a.) True
- b.) False

If the tooth fairy left \$1 for every baby tooth, how much would you have?

- a.) \$18
- b.) \$20
- c.) \$21
- d.) \$27

True or False:
Baby teeth (primary teeth) are the same color as permanent teeth.

- a.) True
- b.) False

Alpharetta

4205 North Point Pkwy
Alpharetta, Ga 30022

Johns Creek

3915 Johns Creek Ct.
Suwanee, Ga 30041

Cumming

110 North Corners Pkwy
Cumming, Ga 30040

Castleberry

5465 Bethelview Road
Cumming, Ga 30040

770-664-4750

AlpharettaChildrensDentistry.com



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770-664-4936

Preschoolers
Tooth Quiz

Which of the following can permanently stain children's teeth?

c.) Fluoride toothpaste. It contains lots of fluoride, about 1,000 times more than the amount in fluoridated water and is not intended to be swallowed. To prevent unintentional swallowing, children under 5 years-old should use a smear of fluoridated toothpaste. For those aged 5 to 8 years, a pea-sized amount is recommended. Excessive swallowed toothpaste prior to age 10 can lead to stained permanent teeth.

When do most children lose their first baby tooth?

c.) 6^{1/2}. Many parents and children think it is earlier because some children do lose their first tooth at age 5, but the average is closer to 6^{1/2}. The lower front teeth are the first to be lost. The last baby teeth are typically lost by age 12 or 13.

True or False: Baby teeth (primary teeth) are the same color as permanent teeth.

b.) False. Baby teeth (primary teeth) generally are lighter in color than permanent teeth and are sometimes referred to as "milk" teeth due to their milky color. The adult teeth (permanent teeth) typically come in a little darker than the primary teeth.

If the tooth fairy left \$1 for every baby tooth, how much would you have?

b.) \$20. At birth, most children have 20 baby teeth that begin to erupt on average around the age of six months. There are 10 top and 10 bottom teeth!

True or False: All children need sealants.

b.) False. The biting surface of the back teeth are the most common areas of decay. A sealant is a plastic material which can be "painted" on these surfaces to prevent decay from developing. Applying sealants is completely comfortable and quick. There are two keys to sealants: They must be applied before decay is present and they must be checked regularly. All teeth do not need sealants and your child's pediatric dentist will determine if they would be beneficial for your child.