

YOUR CHILD AT 4 to 6 years

This is the stage where your child is starting school, gaining many new skills and moving forward in their independence. Back to school is a good time to make sure your child is up-to-date on regular health examinations such as dental, hearing, and vision.

Here are some health questions to consider:

Healthy Eating

Healthy eating is a shared role between you and your child. To help your child become a healthy eater:

You choose:

- **When** your child eats by offering 3 meals and 2 to 3 scheduled snacks every day.
- **Where** your child eats, ideally at the table with the family.
- **What** food your child is offered, such as offering a variety of family foods from Canada's food guide.



Your child chooses:

- **Whether** they eat.
- **How much** they eat. It's normal for a child's appetite to vary from day to day.

Try:

- Offering plain water when your child is thirsty. Offer only plain water in between meals and snacks.
- Offering 500 mL (2 cups) of plain pasteurized cow milk (or fortified goat milk), or plain fortified soy or other plant-based beverage each day at meals or snacks. Offer a variety of foods high in calcium each day.
- Not to offer sugary drinks, such as 100% fruit juice, sweetened milks and sweetened plant-based beverages. If you choose to offer fruit juice, limit it to no more than 125 mL (½ cup) a day and only as a part of a meal or snack. Young children should not be offered energy drinks, pop, coffee, tea, and beverages that contain sugar substitutes.

	YES	NO
Does your child drink about 500 mL (2 cups) of plain pasteurized cow milk (or fortified goat milk) or plain fortified soy or other plant-based beverage each day?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child eat meals with the family?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child drink only water between meals and snacks?	<input type="checkbox"/>	<input type="checkbox"/>

Vision

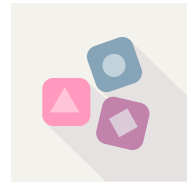
- To prevent eye strain, keep children at least 3 metres (8 to 10 feet) away from the TV screen and arms length away from smaller screens.
- In B.C., basic eye exams are free every year for children up to the age of 18.
- You can find an optometrist near you at the College of Optometrists of British Columbia's "Find an Optometrist" database.
- Some children may qualify for free eyeglasses, hearing and basic dental coverage from the BC Healthy Kids program. Call 1-866-866-0800 for more information.



	YES	NO
Does your child see well?	<input type="checkbox"/>	<input type="checkbox"/>
Has your child had an eye exam with an optometrist in the last year?	<input type="checkbox"/>	<input type="checkbox"/>

Safety

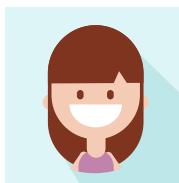
- Keep your child in a car seat with a 5-point harness until they outgrow the maximum limits. Then move them into a booster seat.
- Your child must use a booster seat until they are at least 9 years old or 145cm (4'9") whichever comes first. It is the law.
- When your child sits in a booster seat:
 - Adjust the shoulder belt to fit across the shoulder, not the neck.
 - Adjust the lap belt to fit across the hips, not the stomach.
- Place all children under 13 in backseats of vehicles whether they are using a booster seat or not.
- Help your child be safe in and around motor vehicles. Teach your child basic rules about the dangers of streets, cars, and other vehicles.
- Make sure your child has a properly fitted bike helmet and wears it correctly. This will reduce the chances of your child having a serious head injury.



	YES	NO
Does your child ride in a booster seat in the back of the vehicle?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child wear a properly fitted helmet when riding on a bike or scooter?	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Smiles

- Brush your child's teeth twice a day with a fluoride toothpaste. Your child may start the brushing, an adult should help finish the cleaning process. You will still need to help and supervise brushing until your child is at least 8 years old.
- Clean between your child's teeth at least one time each day using string floss or a pik.
- Children usually start losing their baby teeth around 6 years of age. Allow loose teeth to fall out on their own.
- School-aged children should visit their dentist 1 to 2 times a year.



	YES	NO
Does your child have their teeth brushed 2 times each day with a pea-sized amount of fluoride toothpaste?	<input type="checkbox"/>	<input type="checkbox"/>
Do you supervise your child brushing their teeth?	<input type="checkbox"/>	<input type="checkbox"/>
Do you floss your child's teeth each day?	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Growth and Development

- Talk to your child. Read to your child. This will have a big effect on how well your child communicates.
- Limit screen time to no more than 2 hours each day. This is important for your child's physical and mental health.
- Everyday encourage **one hour or more** of active playtime. This can be biking, walking, playing at a park, skipping ropes etc.
- Sleep is important for school-aged children. Good quality sleep helps your child concentrate, remember things and behave well. This helps them be a successful learner.
- Children aged 5 to 13 should get 9 to 11 hours of uninterrupted sleep each night. Sleep and wake-up times should be around the same time each day.
- To adjust your child to an earlier bedtime, it is best to do it gradually, over 2 weeks if possible.



	YES	NO
Does your child hear well?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child have conversations with others and use sentences of at least 5 to 8 words long?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child sleep between 9 to 11 hours at night?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child comfort others who are upset?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child separate from parents or caregivers easily?	<input type="checkbox"/>	<input type="checkbox"/>
Can your child undo buttons, unzip zippers or dress on their own with little help?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered NO to any of the above questions or would like further support:

visit your family doctor



call 8-1-1



**call your local public health unit to
speak with a public health nurse**



For more information:

healthlinkbc.ca/pregnancy-parenting

fraserhealth.ca/childandyoung