

Nutrition

- Continue to avoid small, hard food that he/she may choke on like peanuts or popcorn. Cut firm, round foods (hot dogs, raw carrots, grapes, etc) into thin slices.
- Your toddler should be offered 3 meals per day and 2-3 nutritious snacks. Offer a variety of foods from the different food groups. Use fresh fruit or vegetables with nut butter as snacks.
- Try to use **organic foods** when possible to avoid exposure to pesticides, genetically modified foods and added hormones.
- Continue to offer **whole milk** to your child. Juice is not advised. If you have questions about **alternative milks**, please talk to your provider. Toddlers at this age **should have no more than 2 servings of dairy per day**, including milk (1 cup), cheese (1.5 oz), yogurt (¾ cup). When possible, try to choose organic grass-fed, whole fat dairy products without added sugar.
- At this age, children require 800mg of calcium per day. In addition to dairy (milk, yogurt, cheese), other rich sources of calcium include spinach, broccoli, calcium fortified alternative milks, figs, tofu, soybeans, garbanzo beans, calcium fortified cereals, sesame seeds, almonds and canned salmon.
- There are benefits to **omega-3 fatty acids** in the diet and here are the sources: fresh or frozen wild salmon, canned sockeye, sardines, black cod, herring, walnuts (or walnut butter), algae products, freshly ground flax and hemp seeds, pumpkin seeds, omega-3 enriched eggs.
- Consider **vitamin D3 supplementation** for its immune and bone building properties. Recommended dose at this age is at least 600 IU daily.
- **Probiotic** supplementation and probiotic rich foods (such as organic kefir, grass-fed yogurt, miso, sauerkraut, kimchi) can be used to aid in immune function and digestion. Generally, probiotic supplements for children that are refrigerated are of higher quality.

Development

4 - 5 year olds:

- Gross Motor skills: pedals tricycle; walks up/down stairs alternating legs; balances & hops on one foot
- Fine Motor skills: draws a circle & a cross, draws a person with 3-6 body parts; cuts with scissors
- Cognitive skills: engages in complex pretend play; may have an imaginary friend; may think dreams actually happen; recognizes some of the alphabet
- Language skills: has extensive vocabulary; uses full sentences of at least six words; 100% intelligible to strangers; asks questions with “why” & “when”
- Social skills: engages in interactive pretend play; able to wait turn and share; can play board/card games
- Adaptive skills: able to put on shirt, pants, socks; able to button and zip; able to brush teeth; uses utensils to eat; toilet trained for both urine and bowel movements

Medication

- **FEVER = 101° F**
- **No Aspirin** until 18 years.
- **NO COUGH OR COLD MEDICINES.** If your child gets a cold, try humidified air. Please call our office if your child seems to be having difficulty breathing.
- **Tylenol** (Acetaminophen) or **Advil/Motrin** (Ibuprofen) may be given for fever or pain relief. We suggest using these **as sparingly as possible.**

Medication	How Often?	18-23 pounds	23-35 pounds	35-48 pounds	48-60 pounds	60-72 pounds	72-95 pounds	Over 95 pounds
Fever/Pain Relief								
Acetaminophen (Tylenol)	4 hrs	120 mg	160 mg	240 mg	320 mg	400 mg	560 mg	720 mg
Ibuprofen (Advil, Motrin)	6 hrs	75 mg	100 mg	150 mg	200 mg	250 mg	300 mg	400 mg

Language/TV/exercise

- Read to your child every day! Encourage your child to finish phrases or help tell the story. Practice reading by looking at street signs or packages at the store.
- Encourage your child to talk to you about what he/she is experiencing. Give your child plenty of time to tell a story or answer a question. Hurrying a child’s response increases stuttering. Try not to interrupt your child.
- Try to limit TV time and other passive activities to less than one hour a day. Carefully screen programs (including commercials) to ensure that they are appropriate. Try to choose alternatives for time together like reading, singing, or playing games
- Try to be physically active with your child! Go on walks, ride bikes, play in the park. Make sure your child has time to be physically active at school or daycare.

- Encourage your child to play with age-appropriate toys, and encourage interactive games with children of similar ages. Try to help your child understand the importance of sharing and taking turns.

Discipline

- Remember that the goal of discipline is to teach and protect your child, not to punish your child.
- Praise your child often!
- Spend individual time with your child—take walks, read books, do puzzles. Focus on activities that interest your child.
- Avoid spanking, shouting, or long explanations.
- Do not allow hitting, biting, or other aggressive behavior. Stop these behaviors immediately and explain to your child how the behavior makes other people feel. Help your child to apologize.
- CONSISTENCY is extremely important. Discuss “house rules” with all family members and caregivers. Decide what limits are important and be specific when setting limits.

Car Seat

- **A car seat or a booster seat** must be used every time your child is in the car. Children should remain in car seats until at least 40 pounds. Booster seats are recommended until your child is 4’9”.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

Dental care

- Brush your child’s teeth twice a day with a soft brush and toothpaste with fluoride
- Your child should see the dentist twice a year

Safety

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child’s birthday.
- Watch your child constantly whenever near water. Children should always wear an approved life jacket when on a boat or other watercraft.
- Keep furniture away from windows and install window guards on second- and higher-story windows to prevent your child from falling out of a window.
- Young children should never be left unsupervised in or around vehicles. Watch your child closely when playing outside and make sure gates are locked. Keep your child away from lawn mowers, garage doors, streets, and driveways. Be very careful when backing out of the driveway—you may not be able to see your child behind your car.
- Have your child start to wear an approved helmet when riding a tricycle, on your bike, or in a bike trailer.
- Use sunscreen with minimum SPF 30. Try to avoid sunscreens with oxybenzone, parabens and phthalates. We recommend mineral sunscreens when possible but note that they are not as waterproof. For reviews of safe child sunscreen brands, please visit <https://www.ewg.org/skindeep/>
- Avoid **all** tobacco smoke around your child. Children who are exposed to smoke have more respiratory and ear infections.
- The best way to prevent injury or death from a firearm is to not have guns in the home. If it is necessary to have a gun in your home, store it unloaded and locked with the ammunition locked in a separate location.
- Hire an experienced babysitter who knows the basic care for children as well as how to handle common emergencies. Provide the sitter with a list emergency phone numbers, list of child’s allergies and current medications.
- Remove dangerous objects and chemicals from lower cabinets or place locks on those cabinets.
- **Poison Control: 303-739-1123 or 1-800-222-1222**

Your child’s next well check is at 5 years.