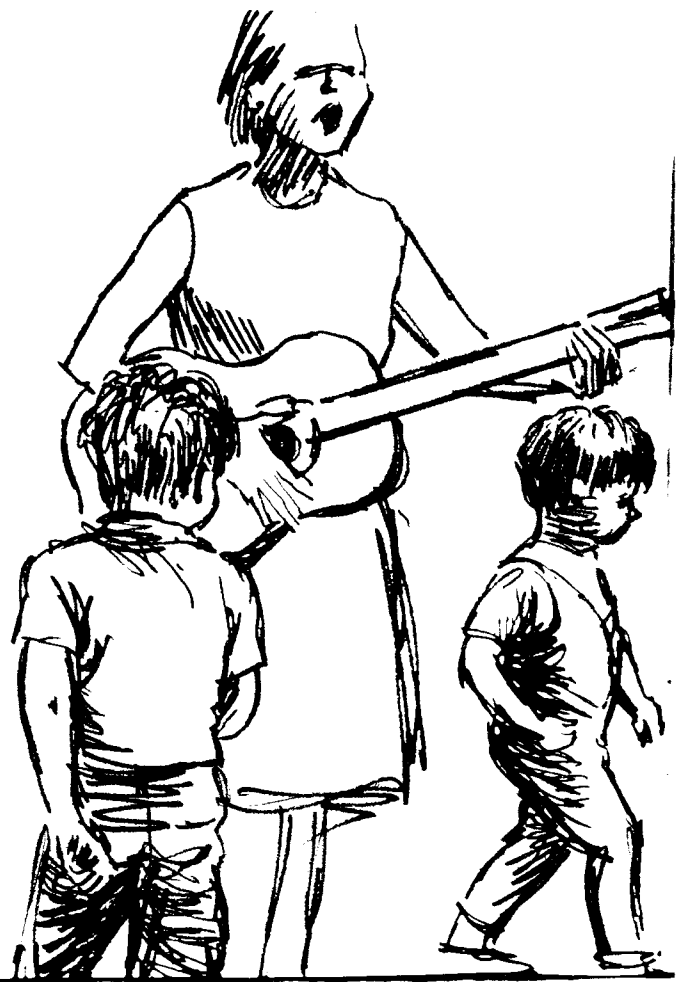


YOUR CHILD FROM 4 TO 6





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If a child is lucky, by 4 or 5 years of age he will have had some time in a head start program or nursery. If your child has not enrolled in either, try to find one. Good programs have toys, paints, books, hear stories, and music, among other things. Being away from home, he learns many ways to better take care of himself when you are not there to look after him. Hunting such a program, ask at the school in your neighborhood, the health department, or public welfare office. When 5, he is ready for kindergarten.

HE IS UNUSUAL IN MANY WAYS

He often doubts your word and will argue about what he thinks. He often is a tattler. At times you might find a little fault with himself. Many realize that they are individuals.

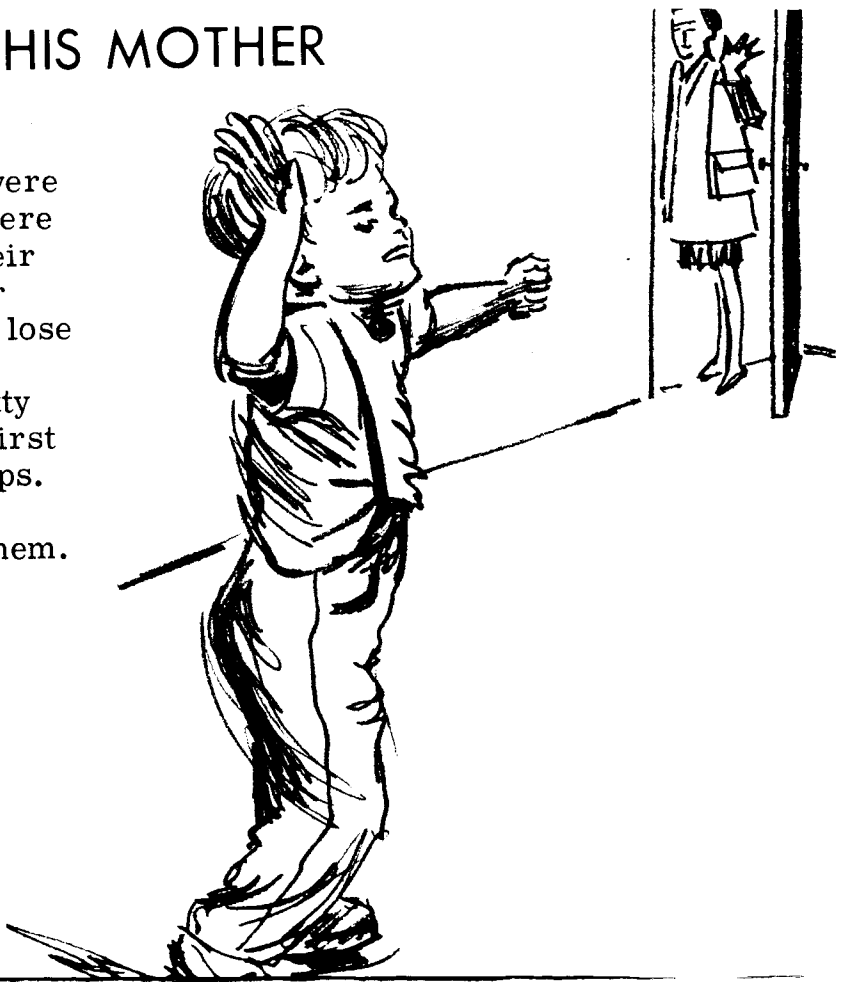
He may not be too hungry at the first of the day. He hangs around home. He somewhat has gotten away from the urge to wander away from home that he had a year or two back.



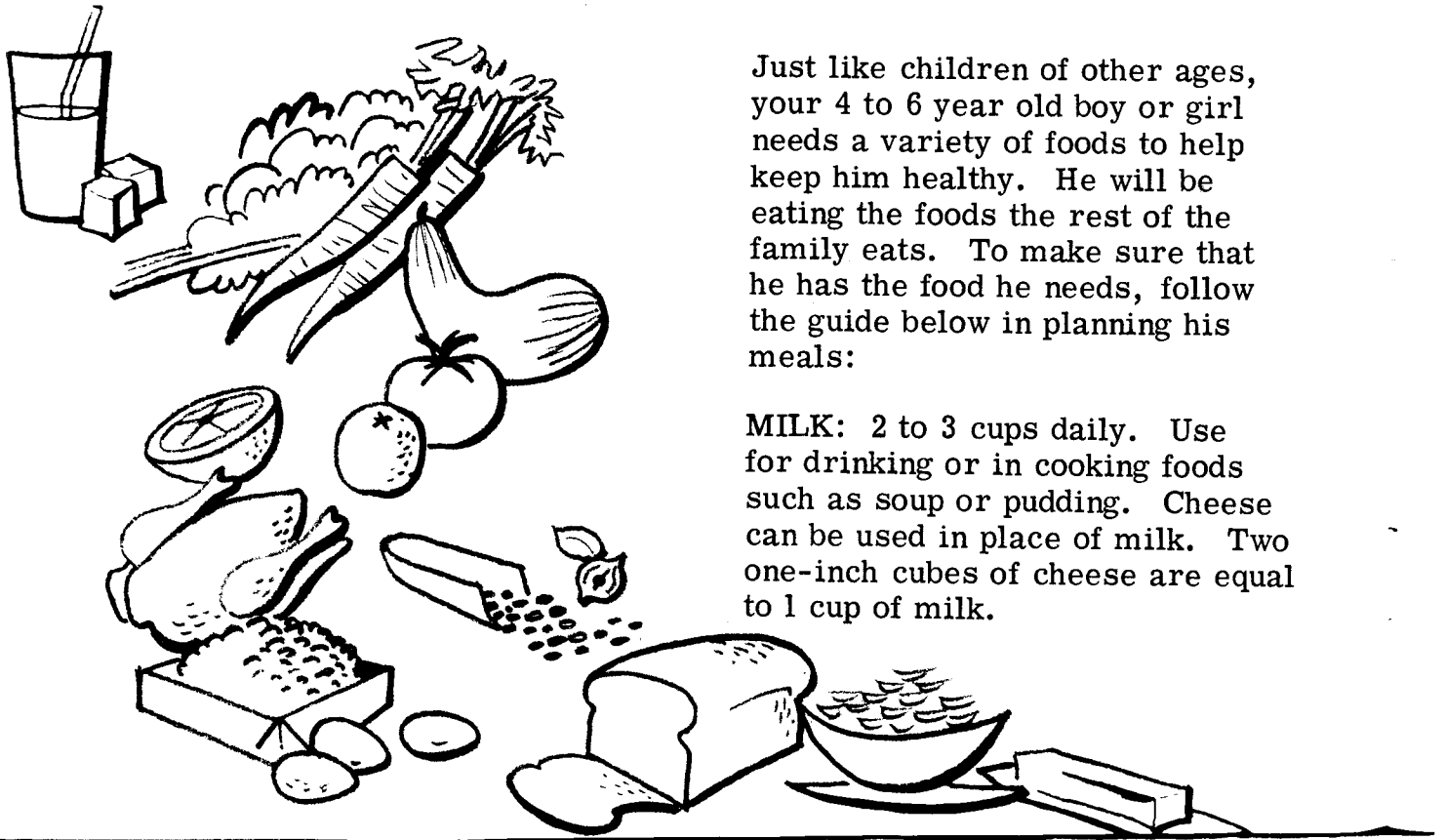
HE FEARS LOSING HIS MOTHER

When earlier some children were afraid of certain things that were only in his mind, around 5 their main fear is that their mother would go away and they would lose her.

The 4 to 6 year old has a pretty good opinion of himself. At first he might be shy with grown-ups. But after he gets over that he usually gets along well with them.



SERVE THE RIGHT KIND OF FOOD



Just like children of other ages, your 4 to 6 year old boy or girl needs a variety of foods to help keep him healthy. He will be eating the foods the rest of the family eats. To make sure that he has the food he needs, follow the guide below in planning his meals:

MILK: 2 to 3 cups daily. Use for drinking or in cooking foods such as soup or pudding. Cheese can be used in place of milk. Two one-inch cubes of cheese are equal to 1 cup of milk.

VEGETABLES AND FRUIT: 4 or more servings daily. Use different kinds of vegetables and fruits. Three or four times a week choose a dark green leafy or a deep yellow vegetable, such as sweet potatoes, carrots, squash, collard greens, or spinach. Each day serve a fruit or a vegetable which is a good source of vitamin C such as orange, grapefruit, strawberries, fruit drink enriched with vitamin C, tomato, raw cabbage or cooked greens. Count as a serving about 1/2 cup of vegetables, fruit, or juice.

**MEAT, FISH POULTRY,
OR EGGS:** One or more servings daily. Cooked dry beans or peas, nuts, or peanut butter or cheese

may be used in place of these foods from time to time. Count as one serving about a slice of meat, 2 to 4 tablespoons of cooked dry beans, 1 egg, 2 one-inch cubes of cheese.

BREAD AND CEREALS, WHOLE GRAIN OR ENRICHED: 4 or more serving daily. Count as one serving 1 slice of bread or 1/2 cup cooked or 3/4 to 1 cup dry cereal.

BUTTER OR FORTIFIED MARGARINE: Some each day. Spread on bread or use in cooking.



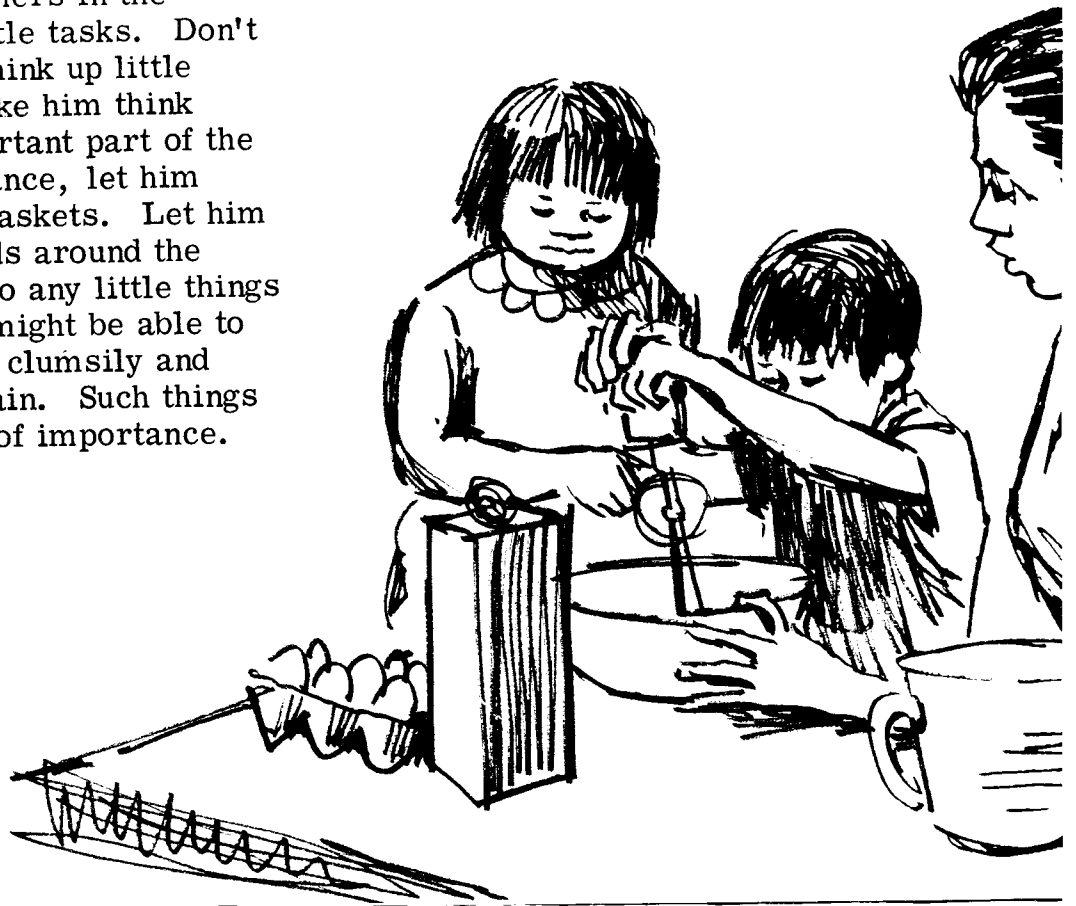
SIZE OF SERVINGS: Some children may eat and need more food than others. Children's appetites like adults may change from meal to meal, so does the amount your child eats. The portions suggested are only a guide.

WHAT ABOUT SNACKS?

Preschool-age children may want or need snacks if the time between family meals is long. Mild, fruit, or fruit juice and cheese are good for snacks. Avoid sweets such as cookies if possible.

About this age, your child might want to join the others in the family in doing little tasks. Don't deny him this. Think up little tasks that will make him think that he is an important part of the family. For instance, let him empty the waste baskets. Let him make little errands around the house. Let him do any little things that you think he might be able to do -- even though clumsily and you have to do again. Such things give him a sense of importance.

GIVE HIM LITTLE TASKS



MAY WANT PALS OF SAME SEX

Although many children at about this continue to enjoy playing with others of the opposite sex, some begin to want to have pals of the same sex. Most of the time you will find children who live around you that your child can play with. Sometimes mothers agree to take turns in inviting children to their homes for a short time. But you must keep an eye on them at all times.



MAY NEED LESS SLEEP

Most boys and girls of this age decide that they will not want or take a nap or rest during the day, although they show that they are very tired. At this age, many

children still need to have about 12 or 14 hours of sleep. In some cases, they need a daytime nap, too. Make a firm rule as to the time for sleep. Try not to break it often. If he gets up during the night, gently but firmly take him back to bed. If possible, let him have his own bed.

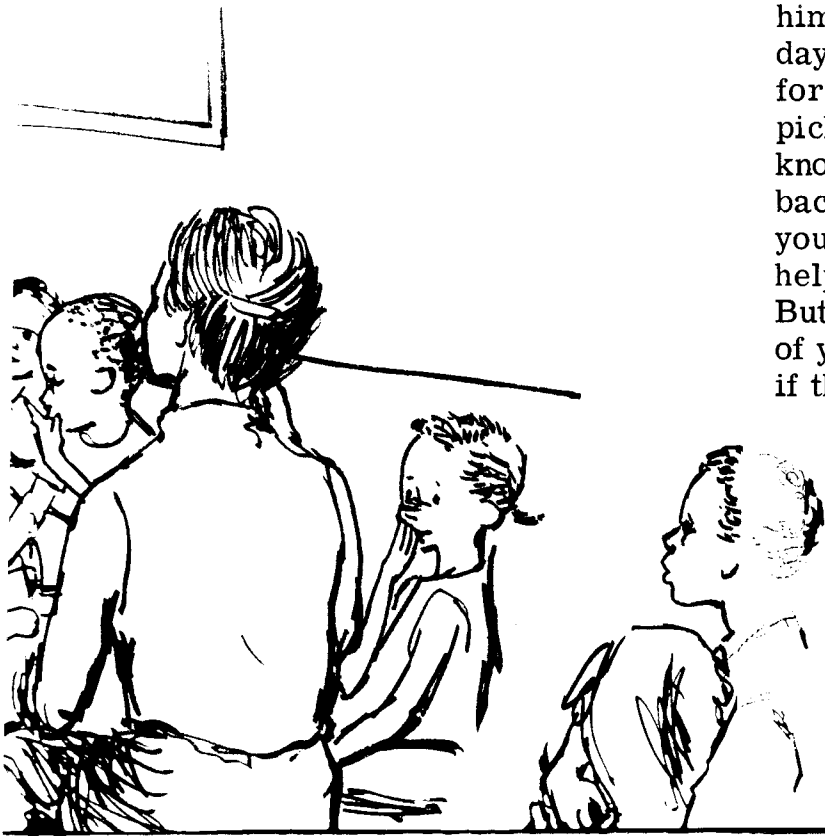




GRADUA

DO NOT BE AWAY FROM HIM

If you place your child in day-care, head start, or a nursery, go with him the first day, or the first few days. Let him stay there alone for a while. Then come back to pick him up. That will let him know that you will always come back. Slowly make the time longer you are away from him. This will help if he has to go to the hospital. But it may be important that one of you stay with him all the time if the hospital will let you.



HE MAY BE SLOW AT TASKS

Don't be impatient if your child is a slow poke. It might take him a long time to do anything he is expected to do. But, if possible, don't always take over just because you are in a hurry. Sometimes that might be necessary. But he will learn by doing.



MAKE MEAL TIME HAPPY

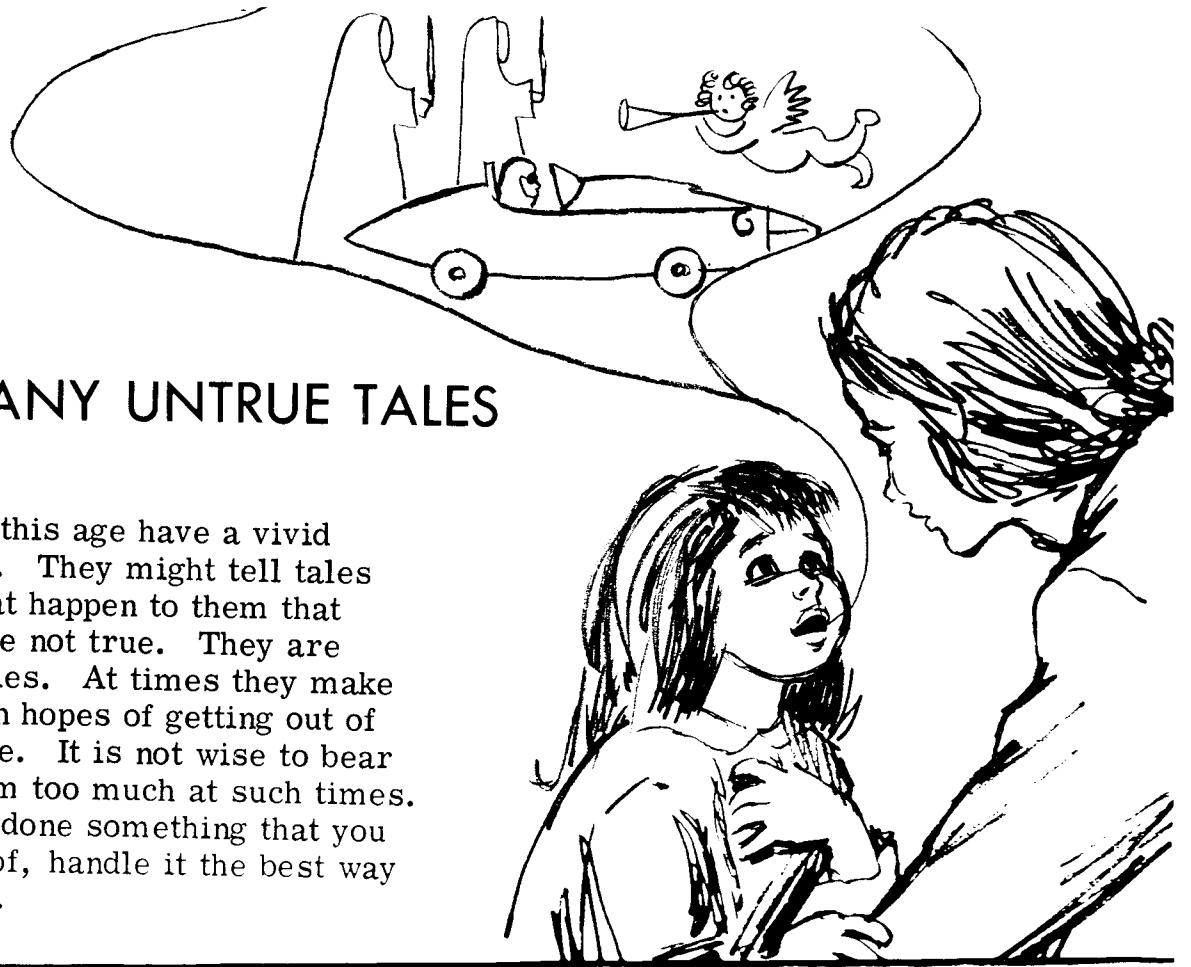
Your 4 to 6 year old will enjoy eating with the family. Seat him in a comfortable position to reach his plate. You may expect some messiness at this age. Make it a rule not to punish at meal time by denying food or using food as a reward. Allow enough time for your child to eat. Make eating a pleasant time.



HE IS MORE INTERESTED IN HIS FATHER

Maybe earlier, but certainly by the time his is five, your child will become more interested in his father. Up to then, his mother -- or the person who took care of him most of the day -- is the most important person. Try to arrange some time at the end of the day when your girl or boy can be with their father. They may want him to listen to them telling about their day. Boys and sometimes girls may want to rough house a bit.





TELL MANY UNTRUE TALES

Children of this age have a vivid imagination. They might tell tales of things that happen to them that you know are not true. They are not telling lies. At times they make up stories in hopes of getting out of some trouble. It is not wise to bear down on them too much at such times. If they have done something that you disapprove of, handle it the best way that you can.

TAKE HIM TO DOCTOR REGULARLY

Ask the clinic or your doctor how often they should see your child. It will possibly be at a regular time. From time to time ask your doctor about protecting him from sicknesses such as polio, diphtheria, smallpox, whooping cough, lockjaw, and so on. Ask your doctor to check his eyes and ears. Bad eyes and ears hold back some children in school. Have a dentist check his teeth at least two times a year. Teach him how to brush his teeth. As much as possible, cut down on sweets. Too many sweets may cause teeth decay.



HE MAY LIKE TO SHOCK YOU

A child of this age picks up words that he likes to use often. He will call people these names, even you. Possibly if the word is "dirty" they say it to make you sit up and take notice. Often they don't always know exactly what the word means. Try to take this in stride. If you show you are shocked, that may encourage him. You may want to let him know that most people who use such words are not always liked by others.



TOYS ARE IMPORTANT

Toys are still important in his life. As he plays with them, he learns a great deal. Everything he learns paves the way to his schooling. Ex-

pensive toys only please you. Most children like to play with things you have around the house. Try to get toys that will teach him something.



HE'LL SHOW HE IS GROWING UP

At his 5th birthday, your child begins his last lap before starting regular school. It won't happen overnight, but you may suddenly realize that he is more grown up. At times he will know that he is still a child and will depend on you as always.

When he first goes to his regular school, he might be afraid, unhappy, and weep a great deal. Most children get over that soon and will be on their way.

If the child is well prepared ahead for school, such fear and unhappiness can often be avoided after a day or two.

As he starts toward 6 he will be making up his own mind about some things. Give him a chance to make some decisions. And if you give him choices, stick by what he decides.



PLAN FOR NEXT BABY

To help all of the family, parents should not be worrying about having the next baby until they are

ready. Your doctor or the clinic can tell you many ways to space your babies. This is called family planning. He will help you decide the way that suits the two of you best.



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