

Positive Parenting



- ♥ Your child is totally toilet trained, but may have "accidents" when busy playing, no bathroom is available, or during sleep time. Be careful not to scold, but use positive reinforcement. It is not uncommon for children to wet the bed for several more years. However, if they have been dry at night and start to wet the bed, discuss this with your health care provider.
- ♥ Reward positive behavior, such as sharing, taking turns, helping, etc. Reward with praise, hugs, reading a book, etc.
- ♥ Some children like to play make believe games like imitating action figures. This is a normal development.
- ♥ Recognize that play is the way children learn about themselves and their world.
- ♥ It is normal for children this age to touch their own genitals & to be curious about "boys and girls."
- ♥ Allow your child to help set the table.
- ♥ Continue to read to your child daily.
- ♥ Limit TV and computer time & monitor the shows you allow your child to watch.

Safety Check



- √ Use seat belts every time your child is in the car. Use a booster seat until your child is 8 years olds, over 80 pounds, or 4 feet 9 inches tall.
- √ Teach your child to watch for traffic and teach color of traffic lights and what they mean.
- √ Keep firearms, matches, poisons and tools out of reach.
- √ Keep medicines out of reach.
- √ Set your hot water heater temperature no higher than 120°.
- √ Continue to teach name, address and phone number.
- √ Stress to not accept anything from strangers.
- √ Teach about "bad touch" and to tell you if it ever happens.
- √ Supervise your child around any body of water. Also use a Coast Guard approved Type II life jacket.
- √ Use a sunscreen (at least SPF 30) when outside.
- √ Be sure to wear bike helmets when riding bike.

Common Health Concerns



Injuries

The most common injuries *causing hospitalization* in 4 year olds are due to:

- ✚ falls that cause head injuries
- ✚ poisonings - mainly from taking drugs (aspirin is the most common)
- ✚ burns from fires, hot liquids or hot surfaces
- ✚ suffocation

The most common injuries *causing death* are due to:

- ✚ burns - from fires
- ✚ being hit by a car while walking
- ✚ being in a car accident while not using a seat belt or car seat
- ✚ drowning

Farm Injuries

The most common farm injuries occur during spring planting and summer/fall harvest, between 3-6pm. They are caused by:

- ✚ corn augers
- ✚ power take offs
- ✚ conveyer belts

Children often receive broken bones, severe cuts or lose an arm or leg as a result of farm accidents. These injuries can be the result of poor supervision by an adult, or by children operating complex machinery.

As you can see, it is very important for parents to always think about possible injuries before they occur and try to prevent them. Please follow the safety tips in each newsletter.

We hope you have found Health Tracks helpful. You will receive your final issue of Health Tracks when your child is registering for Kindergarten.

We also hope you and your child are enjoying ECFE and/or Head Start classes and other pre-school experiences that will prepare them for Kindergarten.

Otter Tail County Public Health

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