

## Getting School Ready!



At this age, children like activities such as cutting with scissors, gluing, painting and drawing. You can help your child at school by giving opportunities to craft as well as print letters, numbers and their name.



### Picky Eaters

At this age, some kids may show signs of being a picky eater. Do you have a picky eater in your house? [Here's some tips](#) and answers to questions like:

- ♥ How can I get my child to try new foods?
- ♥ My child snacks all day, then won't eat supper- what can I do?
- ♥ Is it ok that my child eats a lot of bread and cereal?
- ♥ What can I do if my child won't eat meat?

### School Lunches

At 4 yrs. old, your child is ready to learn and is more alert when they eat a variety of choices as recommended by [Canada's Food Guide](#). Follow these easy steps to pack their school lunch:

1. Pack plenty of vegetables and fruit!
2. Include a protein food like lentils, chickpeas, bean dip, a hard-boiled egg, cheese, canned light tuna or salmon, yogurt or sliced lean meat.
3. Include whole grain food like pasta, brown rice, quinoa, pita, bun or tortilla.

[Click here for tips on making school lunches.](#)



### Your Child's Development

**Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive.** Contact us to find out more or to get your child screened.

### Learning Sports

At this age, children like to imitate, and they generally already know something about sports. Use a few simple rules, the fewer the better. Choose a range of different activities that will help your child learn different skills. For example, soccer for kicking, and baseball for catching and throwing.

If your family needs financial support to afford enrolling your child in sports, [JumpStart](#) is a funding opportunity for kids aged 4-18 years, to help with registration fees, equipment and/or transportation.



### Positive Mental Health

Parents and caregivers take better care of their children when they take care of themselves, too. Eat well, get enough rest, take breaks and do something fun or relaxing. Be kind to yourself. Don't compare your journey to that of your friends, family or those posted on social media. If you are in need to support, [reach out - you are never alone](#)

## How much does my child need?

	Guideline
<b>Sleep</b>	In a 24-hour period, 3-4 year olds should be getting 10-13 hours of sleep, which may include a nap, with consistent bedtimes and wake-up times.
<b>Movement</b>	Your child should be getting at least 180 minutes a day of physical activity throughout the day. At least 60 minutes of that time should be energetic play, but more is better.
<b>Sitting time</b>	Don't restrain your child in things like a stroller or car seat for more than 1 hour at a time. Your child should also not sit for long periods of time. Sitting screen time (e.g. tablet, cell phone, tv, computer) should be no more than 1 hour, but less is better. When sitting with your child, try reading, storytelling or singing with them.

From: Canadian 24-Hour Movement Guidelines for the Early Years (0-4)

### Car Seats

As your child grows, their car seat needs change as well. Timiskaming Health Unit Certified Child Passenger Safety Technicians are trained to help you understand when to go from a rear-facing car seat to forward-facing and then up to a booster seat.

Have your child's car seat checked **FREE** by trained staff. They will ensure your child is riding in the proper type of seat for his/her age, height and weight, check for wear and tear, proper fit, installation and anchoring. Your child's safety depends on it. Call us today to book an appointment! [Learn more.](#)

### Vaccination

Getting your child immunized protects them from a variety of diseases.

At 4 years old, your child is due for the following vaccines:

- ♥ MMRV- for measles, mumps, rubella (German Measles) and chicken pox
- ♥ Tdap-IPV- for tetanus, diphtheria, pertussis and polio

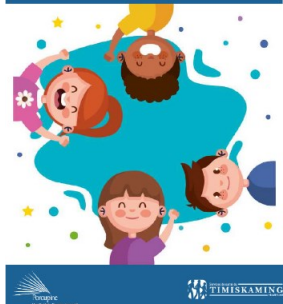
### Start your child's education with good vision and healthy eyes!

Children born between designated years that are in junior kindergarten are eligible for one pair of complementary glasses. Book an appointment with an Eye See...Eye Learn® participating optometrist or [learn more here.](#)



#### READY, SET, KINDERGARTEN!

Junior Kindergarten Resources



### Starting Kindergarten is a busy time!

In this [Junior Kindergarten Handbook](#), you'll find information about how to prepare your child for their first day, what to expect, and some other health behaviour tips to help make this transition as smooth as possible.



#### CONTACT US!

Call us toll free 1-866-747-4305 and ask to speak to a Healthy Babies Healthy Children nurse

