HELP ME BE HEALTHY...

At this checkup:
- I will be weighed and measured.
- I will be checked all over.
- I may have a vision test to see how well I see.
- Ask if there are immunizations I need now. I may have several. I will be required to have some immunizations before I go to kindergarten.
- You may be asked to complete an “Ages and Stages Questionnaire” to help determine if there are any developmental concerns.

Notice what I am able to do. If you think I am clumsy and fall a lot, if I do not talk or play with others, or if I do not enjoy moving around, you might want to talk to my doctor about this and have me checked. Call for an appointment now!

PLAY WITH ME. IT HELPS ME LEARN!
- Let me use play dough. I like to make it into shapes, cut it with cookie cutters and roll it.
- Let me tear or cut paper and paste these pieces onto another piece of paper.
- Let me tell you the stories from my favorite books.
- Play listening and guessing games with me. Make the sounds of different animals and let me guess the animal. Another guessing game is to find something that I can see, describe it for me and let me tell you what you described.
- Let me trace in the sand or do a finger painting.
- Let me help make and serve our snacks and meals.
- Take me to the zoo, library and other places that have special events just for children my age.
- Let me help you do things around the house so I can learn how to be a helpful family member.
- Make an obstacle course with boxes, chairs and tables. Let me find my way around all of these things.
- Let me be involved in activities where other adults give the directions. I need to listen to and trust other adults as well.

HELP ME AS I GROW...

Register me for kindergarten. Call a school near where we live. Ask when and how I can be registered for kindergarten.

Balance screen time with other activities. One hour a day of screen time is really enough, whether it is a movie, television program, video or computer game, on a tablet, etc. I should be active and learning how to do things, not in front of a screen all day. The programs and movies that I watch should help me learn. Do not let me watch shows that might upset or frighten me.
WATCH FOR ME TO...
• Put on my t-shirt by myself.
• Tell you the names of my friends.
• Wash my hands with soap, rinse them and dry them with a towel.
• Use a normal tone of voice.
• Ask you many questions.
• Copy a line that goes up and down on my paper after you show me how to do it on your paper.
• Copy a picture of a circle.
• Tell you what I need if I am cold, tired or hungry.
• Point to a picture of something that you are describing to me. For example, “Which one says meow?” or “Show me what flies.”
• Stand on one foot for a few seconds.
• Jump forward with my feet together.

HELP ME BE SAFE...
Teach me to be very careful in a garage. Our garage may be safe; however, other people may store insecticides, paints, equipment and other things that are dangerous to me. Explain to me that garage door openers are not toys and that I am not to play with a garage door.

Practice crossing the street and walking through parking lots with me. I am short. People cannot see me in their rearview mirror when they are backing up. I need to be by your side, holding onto your hand or your clothes.

When I start to ride a bicycle, make sure that I wear a helmet.

Even though I am older, I still need to be watched and cannot be left alone.

Help me learn my first and last name... and the first and last name of my mommy and daddy. If we ever get separated in public, I can help you find me.

I should still be restrained in a car seat or booster seat every time I ride in a vehicle. Visit www.kansasboosterseat.org for car seat and booster seat guidelines and safety tips.

HOW I AM GROWING...
My Length: _________________________________________________________

My Weight: _________________________________________________________

Sleeping Habits: ____________________________________________________

New Skills & Talents: ________________________________________________

Favorite Things & Activities: _________________________________________

I AM ALWAYS LEARNING & TRYING...
I will learn some things quicker than others. If you have questions about what I can and cannot do, talk to my doctor, nurse or teacher.

You may notice that I also:
• Know several colors.
• Use sentences with four or five words most of the time.
• Brush my teeth.
• Take care of myself at the toilet.
• Play with other children.