
Mouth Health

Brush your child's teeth with a soft toothbrush twice a day. Use a small amount of toothpaste and teach your child to spit out the toothpaste after brushing.

Development

- Think about starting your child in pre-school – this helps with learning and social development
- Supervise your child as he/she eats and dresses but allow your child to learn to do these things on his/her own
- Read to your child every day. Point out letters and pictures



Next Clinic Visit

Your child's next clinic visits will be at 4½ years and then at 5 years. These visits are important because your child will be given vitamin A and deworming treatment to help him/her grow bigger and be healthy. Your child's weight will also be checked at these visits.

Danger Signs

You should return to the clinic **immediately** if your child has any of these problems:

- Refuses to eat
- Unable to breathe well or fast breathing
- Is vomiting everything he/she eats
- Diarrhoea with sunken eyes
- Diarrhoea with blood
- Lethargic or unconscious
- Convulsions/fits
- If anyone in close contact with your child has TB



Disclaimer:

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Caring for your Child

4 Years



Vitamin A and Deworming

At the 4 year visit your child will receive vitamin A drops and medicine for worms. Vitamin A will help your child to grow and stay healthy and will protect against diseases like measles and diarrhoea. Deworming is important because worms can prevent your child from growing and can make him/her sick.

All children need vitamin A and medicine for worms every 6 months until age 5.

HIV Status of Child

If child is HIV-positive:

- Your child needs antiretroviral treatment (ART) to prevent him/her from getting sick
- Make sure that your child attends the ART clinic every month for a check-up and to collect medication
- Your child needs to take the correct amount of ART medicine twice a day every day
- Make sure to look after your own health



Feeding

Children at this age need 3 meals a day with small snacks in between. You should

- Make sure your child drinks 1 – 2 cups of full cream cow's milk every day
- Feed your child lots of vegetables and fruit, and foods rich in iron (meat, dark leafy greens, egg yolk, beans)
- Give your child lots of clean water
- Limit the amount of sweets you give your child

Your child should be gaining weight every month. Ask the nurse at the clinic to show you how your child is growing on the growth chart in your child's Road to Health Booklet. If your child is not gaining weight every month, speak to your nurse.



Why should I limit the amount of sweets I give my child?

Although sweets may be very tasty, they do not contain any important vitamins or nutrients that a child needs to grow big and healthy. Sweets are full of sugar, which can damage your child's teeth. It is okay to give your child small amounts of sweets on special occasions but not every day.

Examples of sweets:

- Cakes
- Pastries
- Chocolates

Road Safety

Now that your child is getting older and more active, it is important to teach your child about road safety. Nearly half of all road deaths in South Africa are of people walking near roads – not people riding in cars. It is important to teach your child a few key things for when they are walking near roads.

- Do not cross the street if you see a car, truck, bike or motorcycle coming
- Your child should always look both ways for cars or bikes (right, then left, then right again) and to listen for cars before crossing the road
- Teach your child not to follow pets or balls into the street
- When walking along a road, always walk facing oncoming traffic

It is important that you teach your child by example. Always use the pedestrian crossing.

