



The Butterfly Health & Wellness Bulletin June Edition 2024

Summer fun is right around the corner...can you feel the warm sand, smell the BBQ, see the light in people's eyes as they play and exercise outdoors! There's nothing like it!

We are kicking off Summer with some helpful tips that will keep the kiddos safe and the adults sane! Thanks to our friends at Starlight.Org for pulling together these tips.

Also, Ms. P's has a lot of advice for those of you who are living with a four-year-old. Enjoy this feature and make sure to pay close attention.

As always, this Bulletin is for information purposes only. None of the information should be taken as medical or legal advice.

-Health & Wellness Bulletin Staff

7 Summer Safety Tips for Parents

1. **Stay hydrated.** If your kids play outside on a hot day, have them take frequent water and snack breaks. Children often ignore signals of heat exhaustion, so you may need to require breaks. Buy the kids fun, reusable water bottles to keep them motivated to drink up!
2. **Designate a water watcher.** Drownings can happen in an instant. If you need to walk away even for a moment, assign an adult to actively watch your child when they are near a body of water.
3. **Always check the water conditions.** Before rafting or boating, always check the forecast before going out on the water. Have all children, even those who can swim, wear a Coast Guard-approved life jacket, even if the water is calm.
4. **Sunscreen!** Sun is harshest from 10 a.m.–2 p.m. Children under one year old should avoid direct sunlight during this time. Make sure to constantly reapply during these hours. Set a good example and apply it on yourself as well.
5. **Never leave a child alone in a car.** In just 10 minutes, the inside of a vehicle can become so hot that it can be deadly. Even if you roll the windows down, it's never a good idea.
6. **Don't play with fireworks.** They're fun to look at, but fireworks can be extremely harmful if they aren't handled by an adult. Sparklers get hot enough to melt metal and should never be handled by a child under three years of age. Fireworks are the cause of life-threatening injuries and burns every year.
7. **Fire safety.** Don't leave children unattended near grills, campfires, or bonfires. Keep a bucket of water or fire extinguisher near the area when there is a fire burning. If your child is burned, run cool water on it for five minutes; never put ice on a burn. If it begins to blister or looks leathery, take your child to the emergency room.

Grow with Us! Milestones Matter



Ms. P's Corner

Dear Parent:

If you are looking at your four-year-old and wondering where the time went, you are not alone. Children this age tend to surprise and “wow” their parents in significant ways. In some ways, their little hands and feet still struggle to gain balance, open juice boxes, and button pants. In other ways, they are coloring, writing letters, and counting numbers.

Your four-year-old is continuing to fine tune gross and fine motor skills. As your 4-year-old grows, she is learning enough to ready for Pre-Kindergarten and Kindergarten.

Keep in mind that every child develops at his own pace. Please always consult with your pediatrician and your child’s teacher to monitor milestone progression.

Grow with Love,

Ms. P 

4-Year-Old Milestones

Language and Cognitive

- ✓ Your child is starting to be able to grasp how time works.
- ✓ They should know how to say their first and last name.
- ✓ Most 4-year-olds can memorize and recite some words or phrases from children's songs and poems.
- ✓ Children this age can make predictions about what will happen next in a story or book.
- ✓ Your child should speak in simple sentences of about five words and knows about 1000-2000 words.

Physical Milestone

- ✓ Your child should be able to skip, climb, and jump.
- ✓ They may be able to do a somersault and to stand on one foot for ten or more seconds.
- ✓ Most 4-year-olds can get dressed without help and are learning how to brush their teeth.
- ✓ Your child is learning how to pour without too much spilling and can mash food.
- ✓ They are likely potty trained; may still occasionally wet the bed.



Coloring Activity Page

Help your child color this page!

