

Health Habits 1

1 Basic Hygiene 1.1.0

At around 48 months of age:

- 1 Demonstrate knowledge of some steps in the handwashing routine. 1.1.1--48
- 2 Practice health habits that prevent infectious diseases and infestations (such as lice) when appropriate, with adult support, instruction, and modeling. 1.1.2--48

At around 60 months of age:

- 1 Demonstrate knowledge of more steps in the handwashing routine. 1.1.1--60
- 2 Begin to independently practice health habits that prevent infectious disease and infestations (such as lice) when appropriate, with less adult support, instruction, and modeling. 1.1.2--60

2 Oral Health 1.2.0

At around 48 months of age:

- 1 Demonstrate knowledge of some steps of the routine for brushing teeth, with adult supervision and instruction. 1.2.1--48

At around 60 months of age:

- 1 Demonstrate knowledge of more steps of the routine for brushing and when toothbrushing should be done, with less adult supervision. 1.2.1--60

3 Knowledge of Wellness 1.3.0

At around 48 months of age:

- 1 Identify a few internal body parts (most commonly the bones, brain, and heart) but may not understand their basic function. 1.3.1--48
- 2 Begin to understand that health-care providers try to keep people well and help them when they are not well. 1.3.2--48
- 3 Communicate to an adult about not feeling well, feeling uncomfortable, or about a special health need, with varying specificity and reliability. 1.3.3--48

At around 60 months of age:

- 1 Identify several different internal body parts and demonstrate a basic, limited knowledge of some functions. 1.3.1--60
- 2 Demonstrate greater understanding that health-care providers try to keep people well and help them when they are not well. 1.3.2--60
- 3 Communicate to an adult about not feeling well, feeling uncomfortable, or about a special health need, with more specificity and reliability. 1.3.3--60

4 Sun Safety 1.4.0

At around 48 months of age:

- 1 Begin to practice sun-safe actions, with adult support and guidance. 1.4.1--48

At around 60 months of age:

- 1 Practice sun-safe actions with decreasing adult support and guidance. 1.4.1--60

Safety 2

1 Injury Prevention 2.1.0

At around 48 months of age:

- 1 Follow safety rules with adult support and prompting. 2.1.1--48
- 2 Begin to show ability to follow emergency routines after instruction and practice (for example, a fire drill or earthquake drill). 2.1.2--48
- 3 Show beginning ability to follow transportation and pedestrian safety rules with adult instruction and supervision. 2.1.3--48

At around 60 months of age:

- 1 Follow safety rules more independently though may still need adult support and prompting. 2.1.1--60
 - 2 Demonstrate increased ability to follow emergency routines after instruction and practice. 2.1.2--60
 - 3 Show increased ability to follow transportation and pedestrian safety rules with adult support and supervision. 2.1.3--60
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Nutrition 3

1 Nutrition Knowledge 3.1.0

At around 48 months of age:

- 1 Identify different kinds of foods. 3.1.1--48

At around 60 months of age:

- 2 Identify a larger variety of foods and may know some of the related food groups. 3.1.1--60
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2 Nutrition Choices 3.2.0

At around 48 months of age:

- 1 Demonstrate a beginning understanding that eating a variety of food helps the body grow and be healthy, and choose from a variety of foods at mealtimes. 3.2.1--48
- 2 Indicate food preferences that reflect familial and cultural practices. 3.2.2--48

At around 60 months of age:

- 1 Demonstrate greater understanding that eating a variety of food helps the body grow and be healthy, and choose from a greater variety of foods at mealtimes. 3.2.1--60
 - 2 Indicate food preferences based on familial and cultural practices and on some knowledge of healthy choices. 3.2.2--60
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3 Self-Regulation of Eating 3.3.0

At around 48 months of age:

- 1 Indicate awareness of own hunger and fullness. 3.3.1--48

At around 60 months of age:

- 1 Indicate greater awareness of own hunger and fullness. 3.3.1--60