

4 Year Check-Up

A CLEARER SENSE OF SELF

Name _____

Weight _____lbs.

Age _____

Length _____

Date _____

Blood Pressure _____

DIET

Continue to offer your child three meals with 1 to 2 planned snacks. Be mindful of offering a good variety of foods for both meals and snacks. Your child is now mastering feeding skills and will feel confident to try new things.

Do not push food or use food as a reward. Allow your child to choose what he will eat out of the variety of foods you offer. Do not struggle or battle over food.

Avoid sweetened drinks including soda and encourage extra water. Limit juices to 4 ounces a day

DEVELOPMENT

The four-year mark begins when he becomes his own person. He enjoys conversation with parents. Your child's speech is very adult-like now, with only a few sounds more difficult to articulate.

He can give information about his name, age, sex and names of siblings. He can identify colors and can recognize some letters, especially those in his own name.

Continue to read daily with your child.

Improved motor skills will allow a greater variety of play. Fine motor skills are still immature. Encourage drawing and coloring in play.

Your preschooler is able to dress himself with minimal help now.

Four-year-olds enjoy playing with other children. Arrange for frequent play times with peers. Children benefit from a loving supportive preschool experience.

This is an age when body exploration and curiosity about genitals is common. Answer questions as they arise with brief, accurate information.

Four-year-old children continue to need firm rules and consistency. The four-year-old is often seen as willful. Your child is depending on you to be consistent. A sense of humor can diffuse a confrontation and remember not to let your child draw you into an argument.

Remind girls at this age to wipe from front to back after toileting. Young girls are at risk for developing urinary tract infections.

Limit TV viewing to one hour per day and monitor the selection. Avoid viewing violent programs that encourage aggressive behaviors and can be scary, contributing to insecurities and sleep disturbances.

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also.)

- Your child should always be in a safety approved car seat/booster seat until he is 80 lbs., eight years old and is 4 ft 9inches.
- Establish and enforce consistent, explicit and firm rules for safe behavior.
- Ensure that guns, if in the home, are locked up and that ammunition is stored separately. A trigger lock is an important precaution.
- Know where your child is at all times. He is too young to be roaming the neighborhood alone.
- Teach safety rules regarding strangers.
- Continue to put on sunscreen before child goes outside.
- A helmet is needed anytime your child is on a bicycle.
- Some children are attracted to animals. Be sure your child learns never to go close to an animal without the owner's supervision.

Next health care visit is when your child is _____ years old.

IMMUNIZATIONS:

COMMENTS
