

AGE: 4 YEARS

Date: _____

GROWTH:

Weight	lbs	oz	(%)
Height	lbs	oz	(%)

IMMUNIZATIONS:

Dtap	Diphtheria, Tetanus, Acellular Pertusis,
IPV	Polio
MMR	Measles, Mumps, Rubella
Varicella	Chickenpox

EATING:

Children should eat 3 meals per day. They should drink a maximum of 2 to 3 cups of skim or 2% milk a day and no more than 4 ounces of juice a day. Drinking water is important to avoid dehydration. Avoid candy, soda pop, and sugary drinks. Encourage your child to brush his teeth twice a day. Children this age should see a dentist every six months for a cleaning.

Offer your child a balanced diet, including fruits, vegetables, breads, whole grains, dairy products and meat. Limit fat and sugar. "Pickiness" is still common at this age. Serve your child the same foods that the family is eating. Offer a variety of foods and encourage your child to try new foods.

DEVELOPMENT:

Children this age can hop on one foot, draw a circle and a cross, cut with scissors, and draw a stick figure with three parts. They should know their first and last name. They should be able to recognize some letters. Their speech should be understood by strangers.

Toddlers should have a regular bedtime with a routine. They should fall asleep on their own and remain in bed. Books are an important part of a bedtime routine. Nighttime bedwetting is still common.

PLAY AND LEARN:

Imaginary friends and pretend play are common at this age. Children have difficulty telling reality from fantasy and may think that dreams are real. Children can share, wait their turn, and play with peers. They can play board and card games but often interpret and apply rules to their own advantage. Children this age should be able to help with simple chores at home.

It is important to provide clearly stated limits to children this age and consistently follow through with consequences when rules are broken. Time-out and loss of privileges can be used to punish undesirable behaviors. Children should be praised for good behavior.

SAFETY:

1. **Car Seats**-Continue to use your car seat with 5-point restraints in the back seat.
2. **Water Safety**-Keep your pool surrounded by a fence with a locking gate. Knowing how to swim does not ensure your child's safety. Never leave your child alone in the bathtub or near a pool.
3. **Poisons**-Keep all medications and cleaners out of reach.
4. **Guns**-Store guns and ammunition separately. Keep guns locked and out of reach.
5. **Burns**-Keep matches, lighters, and cigarettes out of reach. Use smoke alarms. Do not allow your child to play around hot liquids.
6. **Dog Bites**-Watch your child around animals, especially dogs. Most bites are caused by the family dog.
7. **Streets**-Teach your child to be careful near streets, though he may not remember such instructions. Always supervise your child.
8. **Strangers**-Teach your child to avoid strangers.
9. **Helmets**-Your child should always wear a helmet while biking and skating.

WHAT'S NEXT?

Your child's next appointment is at 5 years of age for a well check.