

WELL-CHILD VISIT



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Four (4) Years

Congratulations on making it this far.

Your child will receive Kinrix and Proquad vaccinations.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

DEVELOPMENT

Daily Activities:

- Can stand on one foot
- Hops, somersaults
- +/- skipping
- Copies triangle
- Dresses and undresses
- Can mostly take care of toilet needs

Emotional:

- Wants to please friends
- More likely to agree to rules
- Aware of sexuality
- Able to distinguish fantasy from reality

Social:

- Cooperative and imaginative play
- More independent
- Developing relationships with peers
- Like to be center of attention

Mental:

- Can count 10 or more objects
- Names colors and shapes
- Can say name and address
- Understands everyday routine (money, food, appearances)

FEEDING

Family meals continue to be important to your child. Allow your child to participate/"help" in the preparing of food and table. Keep the T.V. off and put tablets/phones aside during meals. Talk with one another. Practice using manners. Be sure to offer a wide variety of foods even to picky eaters. Stick with mostly water and 2% or whole milk; no more than 6 oz of juice per day.

TOILET TRAINING

It is important not to put too many demands on your child. By this time most children are toilet trained and pretty independent other than occasional help with wiping bottom. A gentle word about "accidents". If your child should have a potty accident, have them help clean up in a matter-of-fact way. No shame. Just encourage good potty habits and timed potty breaks. Above all, patience, slow and steady (or at a child's pace) will win this race.

GENERAL GUIDELINES

- **Childproof your home.** Go through every room in your house and remove anything that is valuable, dangerous or messy. Preventative childproofing will stop many possible discipline problems. Don't expect a child not to get into things just because you say no.
- **Teach and lead.** Remember consistency and level-headedness when disciplining. It's perfectly acceptable for parent to take a "time out", if needed, to cool down temper.
- Brushing teeth 2x daily and see dentist every 6 months.
 - No toothpaste until child capable of spitting.
- **Read, Read, Read** to your child!
 - Limit screen/electronic time to no more than 1 hour per day.
- **Play, Play, Play!** Dive into those building blocks, dress clothes, baby dolls, and play dough. Engage with your child.



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YOUR NEXT VISIT:

Your child should return in one year.

SCREENINGS

- SWYC – 48 months

VACCINATIONS

- Kinrix and Proquad

SAFETY TIPS

Avoid Burns and Fires

- Practice your fire escape plan.
- Check your smoke detectors. Replace batteries if necessary.
- Check food temperatures carefully.
- Never allow smoke near your baby.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Keep matches and lighters out of reach.
- Don't let your child use the stove, microwave, hot curlers or the iron.
- Turn the water heater down to 120°F (50°C)
- Never allow smoke around your child.

Car Safety

- Use an approved toddler car seat correctly.
- Sometimes toddlers may not want to be placed in car seats. Gently, but consistently, put your child into the car seat every time you ride in the car.
- Never leave your child alone in the car.
- Parents should always wear seatbelts.

Pedestrian Safety

- Hold onto your child when you are around traffic.
- Provide a play area where balls and riding toys cannot roll into the street.
- Always hold hands in parking lots.
- Swim lessons are fun, but children are not capable of truly independent swimming until 3.5-4 years old
 - ALWAYS watch when in water
- Teach your child not to climb on furniture or cabinets.
- Lock doors to dangerous areas like the basement.