

Great Destinations Pediatrics



AGE: 4 YEARS

GROWTH

Weight: lbs oz (%)
Height: inches (%)

IMMUNIZATIONS

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

Please review the CDC (Center for Disease Control and Prevention) handouts that our staff has provided. These immunizations may cause pain and redness at the injection site, as well as a fever. These are normal reactions to the vaccines.

EATING

Children should eat 3 meals per day. They should drink a maximum of 2 to 3 cups of skim milk a day and nothing else besides water. Drinking water is important to avoid dehydration. Avoid candy, soda pop, Gatorade, juice and sugary drinks. Avoid drinks and food made with artificial sweeteners. Encourage your child to brush their 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. Their speech should be understood by strangers and they should talk in sentences. 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.

SCREEN TIME

Your child should only have 1-2 hours per day of TV or media time including computers, video games, tablet and phone time.

SAFETY

1. Car Seats-Continue to use a 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 they 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.

