



4 Years

Time sure flies when you are having fun! Now you know why your parents used to say that you were growing up too fast. Your 4-year-old is developing more independence and self-confidence and before you know it will be ready to start kindergarten.

Developmental and Milestones

- Speech is understandable.
- Can usually count from 1-10.
- Can walk on tiptoes, climb a ladder, and ride a tricycle.
- May name and match three or four primary colors.
- Knows his or her own name.
- Correctly uses the pronoun "I".
- Recognizes gender differences.
- Can dress and undress with supervision. May still have trouble with laces and buttons.
- Holds and uses a pencil with good control.
- Can draw a person with a face, arms and legs.
- Engages in conversation.
- Can sing a song.
- Talks about their daily activities.
- Can identify emotions (e.g. sadness, anger, anxiety and fear).

Sleep

- An afternoon nap may still be necessary.
- Fear of the dark, thunder, lightning, etc. is quite common at this age.
- Nightmares can be triggered by changes or stress.
- Maintain a consistent bedtime and bedtime routine.

Parenting and Behavioral

- Remember the positive effects of praise.
- Spend quality one-on-one time.
- Arrange time for safe running and exploring outdoors.
- Limit television viewing to one hour per day.
- Do not worry if child becomes curious about body parts. Modesty and privacy begin to emerge at this age.
- Allow child to make choices whenever possible.
- Allow child to participate in setting and cleaning up the table.
- Discipline should be firm and consistent, but loving and understanding.
- Use the two "I's" of discipline (Ignore or Isolate) rather than the two "S's" (Shouting or Spanking).
- Provide child with clearly stated limits along with an explanation of the consequences if rules are broken.
- Will ask many questions, most of which will start with "WHY?".
- Tries to read books.
- Enjoys playmates.
- May continue to use a security object (e.g. blanket, stuffed animal).

Feeding and Nutrition

- Mealtime should be pleasant and never forced.
- Feeding problems may arise if parents make their child eat more than he or she needs to.
- Eat dinner together as a family whenever possible.
- Insist on good table manners and encourage pleasant conversation.
- Turn television off during meals.
- Average weight gain per year is only three to four pounds.

General Health and Safety

- Your child will continue to require close supervision.
- Know where your child is at all times.
- Maintain carbon monoxide detectors.
- The purchase of a trampoline is not recommended because of the risk of serious injury.
- Provide a smoke-free environment.
- Select toys that are safe.
- Electrical tools, matches and poisons should be locked up out of reach.
- Child should not have unsupervised access to, or ride a bike in, the street.
- Always walk behind your car, and make sure you see your child's face, before backing out of the driveway.
- Use waterproof sunscreen, limit sun exposure.
- Advise your child to be careful around strange dogs, especially ones that are eating.
- Begin to teach your child not to talk to, or accept food from, strangers.
- Teach pedestrian safety ("look both ways before crossing the street").
- Never leave a child unattended in a car or in a house.
- Keep firearms out of the home or in a locked, out of sight container, unloaded.

Immunizations

- DTaP (Diphtheria, Tetanus, and Pertussis)
- IPV (Polio)
- MMRV (Measles, Mumps, Rubella, Varicella)

Date _____

Your Next Visit: 5 Years

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____

