Well-Child Checkup: 4 Years

CHILD'S NAME	DOB	DATE OF VISIT	NEXT VISIT	LENGTH	PERCENTILE	WEIGHT	PERCENTILE

Reaching Milestones & Activities

Your 4-year-old will continue to be curious and will want to explore new environments. Play remains important and critical to social development. Your child will like being with other children and may require less adult supervision as he or she is growing independent.

At 4 years old, your child may start to:

- Sing a song or say a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Walk downstairs alone
- Enjoy doing new things
- Hop and stand on one foot up to 2 seconds
- Use scissors
- Copy some capital letters
- Would rather play with other children t han play alone

Keeping Track - Immunizations

By 4 to 6 years of age, your child should receive additional vaccines in preparing for school. Make sure to keep track of your child's vaccine records. Some states require children to be vaccinated against certain diseases before starting school.

- If you're unsure of your state's school vaccine (i.e., immunization) requirements, you can check with your state's health department, child's school, or child's health care provider.

Sleep

At age 4, it is recommended that your child gets at least 10 -13 hours of sleep (including naps).

- 30 - 60 minutes of quiet rest time (naps) might be helpful throughout the day.

Create a calm bedtime routine. Turn off screens and remove them from bedrooms at least 1 hour before bedtime.

Dental Care

Help your child brush his or her teeth 2 times a day in the morning and before bedtime. Use a pea-sized amount of toothpaste with fluoride and don't forget to floss! Your child should visit the dentist at least 2 times a year.

Nutrition

During the preschool and kindergarten years, your child should be eating the same foods as the rest of the family.

The foods and drinks your 4-year-old has throughout the day are important for his or her health.

Eating fresh fruits, vegetables, whole grains, lean protein foods (for example: chicken, turkey, fish, and lean hamburger), and nonfat or low-fat dairy are a part of a healthy eating style.

Eating Tips for Your Child

Be patient with your child. Children enjoy food when eating it is their own choice. Some new foods take time. Give a taste at first and wait a bit. Let children serve themselves by taking small amounts. Offer new foods many times.

- The best-choice beverages to give to your child are water and plain low-fat or nonfat milk.
- Serve child-sized portions. Check out choosemyplate.gov for serving and portion recommendations.
- Serve your child portions that make sense for his or her age and size. Get rid of the "clean your plate" rule and let children listen to their bodies when he or she is full. If your child is still hungry after a meal, offer more vegetables or fruit.
- Limit processed food, sugary drinks and excess sweets and fats. Try to limit hot dogs, burgers, pizza, cookies, cakes and candy as only occasional treats.

Eating Together

Make meal time family time. Children learn healthy eating habits best from their parents. When eating together, here are some helpful tips:

- Cook the same meal for the entire family
- Turn off the TV and put all digital screens away during mealtime.
- Encourage meal time to be a time to have meaningful discussions without distractions. Talk about the foods being served, how these foods help us stay healthy, and share highlights of the day.

Family mealtime has been linked to better language development, increased social skills and better school achievement.

Help Your Child Learn and Grow!

Getting Ready For School

To help prepare your child for school, know which school district in which to register your child and when. Consistency in daily routines is also important. Keep times for eating, playing, reading, cleaning up, waking up and going to bed consistent.

Help Your Child Practice These Things:

- Count to 20
- Recognize upper and lower case letters of the alphabet
- Recognize numbers 0-10
- Write his/her first and last name, using upper and lower case letters
- Recite important information like address, phone number, parents' names
- Identify basic shapes and colors
- Use crayons, markers and scissors
- Draw a person with 6 parts

Read Together!

Read books together. Take your child to the library and let him or her pick out books.

Model Positive Behavior

Your child looks up to you and trusted adults. Listen to and treat your child with respect. Insist that others do so as well. Model apologizing and help your child to do so after hurting someone's feelings.

Discipline

Children learn better from discipline than they do from punishment. Using positive discipline strategies will help your child manage his or her behavior while promoting healthy development.

- Pay attention to and praise behaviors you like and ignore those you want to discourage. Stay consistent when enforcing limits and rules. Redirect to a different activity when needed. Try short timeouts if needed. Most importantly, show that you care.

Spanking and harsh words are harmful and do not work.

Caring for You and Your Family

At Avera, you and your family's well-being and health are our top priority.

Do you have the things that you need to take care of your child? Do you have enough food? A safe place to live?

Talk to your health care provider about any concerns with your living situation and what community resources may be available.

Screen Time and Technology Use: 0 – 60 Minutes a Day

Limit screen time to 1 hour a day or less. Choose media that is interactive, non-violent and educational. Too much screen time may lead to attention and behavioral problems, delays in learning how to talk, sleep disorders and vision problems.

- Watch educational programs with your child, and talk about them with him or her.
- Avoid fast-paced programs and apps with lots of distracting content, advertisements and violence.
- Avoid using screens as a babysitter, a reward or to stop tantrums.

Safety Tips and Helpful Reminders

Helmets and Safety Gear

Require your child to use a helmet and other safety gear when riding bikes, scooters, skateboards, etc. Make sure the helmet fits properly.

The Importance of Water Safety

Drowning is the leading preventable death for children ages 1 through 4. Never leave your child alone in water. All kids should learn how to swim.

Teach your child about how to be safe with other adults.

- No one should ask for a secret to be kept from parents.
- Explain what a good vs. bad touches are.

Poison Prevention

Have the poison control number (1-800-222-1222) readily available or program it into your phones.

Sunscreen

Apply sunscreen of SPF 15 or higher at least 15 minutes before your child goes outside to play and reapply about every 2 hours.

Keep Your Child Away From Cigarette Smoke

Protect your child from secondhand smoke. Secondhand vapor from e-cigarettes is also harmful.

Avera's mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. If you think you may have problems paying part of your bill, contact your local business office or billing staff. We can discuss payment options that may be available to you.

Avera

© Copyright 2022 Content from Avera is protected by U.S. copyright laws. All rights reserved. This health-related information is not intended to be a substitute for professional medical advice or for the care that patients receive from their health care provider.