



Four Years Old

As your child grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your child be healthy. If you have concerns about your child's growth or development, talk to his or her doctor.

Visit this link for milestones:
<https://tinyurl.com/y7tweabg>

Your child can

- He likes to pretend. He might have a hard time deciding what is pretend and what is real.
- Enjoys playing with others
- Knows his first and last name
- He can stand on one foot. Alternates feet when climbing up or down stairs
- Knows colors and some numbers
- Understands over, under, next to, same and different

Doctor Appointments

When your child has regular checkups, his doctor can track his growth and development. You have a chance to build a relationship of trust with your doctor, and address your concerns.

- See the doctor once a year for a well child check. Your doctor may talk about immunizations needed for kindergarten <https://tinyurl.com/rvxn823>
- Your child will grow approximately 2 1/2 inches and gain 4-5 pounds this year
- See the dentist twice each year

Parenting Tips

- Protect your child's teeth by supervising tooth brushing with a pea sized amount of toothpaste at bedtime and one other time during the day
- Limit screen time to no more than 2 hours each day
- Limit sun exposure. Use sunblock with SPF 30 when outside and reapply at least every 2 hours.
- Follow label instructions when using bug repellent

Take care of you

- Get your body moving. Feed your body healthy foods. Get connected with others.
- Make sleep a priority. Remember who you are. Your thoughts and feelings matter

Keep your child safe

- Your “big kid” is still little. He needs you to protect him.
- He still needs a car seat. Check the seat belt. Is it secured? Is it snug? Is it properly positioned? Check out <https://tinyurl.com/olvsczo>
- Supervise you child at all times. Never leave him alone, especially near cars or machinery or water without a mature adult in charge
- Never shake your child, handle her roughly or yell at her. Listen to your child. Treat her with respect. Insist others do also.
- Talk to your child about safety around unfamiliar people and animals

Help your child learn

- Make time for play. Schedule play dates, go to the library for story time, spend time with your child
- Read books with your child and ask her questions about the stories
- Be consistent with house rules and schedules. Your child needs consistency to feel safe
- Focus on the positive. Ignore whining. Misbehaving? Try redirecting behavior to something more constructive
- Help your child find names for his emotions. “You are sad because your toy broke. You are angry because I told you no”
- Be aware of your child’s triggers. Avoid trips in public when your child is tired or hungry.

Feeding your child

- Have three meals each day and 1-2 snacks. Try to keep a consistent schedule. Limit eating or drinking between scheduled times except for water.
- Make meal times family time. Don’t just feed your child, sit with him, eat together and talk to each other
- Offer a variety of healthy foods. Let your child decide what and how much he will eat
- Involve your child in menu planning. Ask him to pick out a fruit or vegetable in the store. Prepare it together. This is a great way to try new things
- Learn more at <https://tinyurl.com/qufm872>

Poison Control Hotline 1-800-222-1222