



FOUR YEARS OLD

WELL CHILD CHECK

NUTRITION

- THREE HEALTHY MEALS WITH 2-3 HEALTHY SNACKS PER DAY
- SKIM OR 2% MILK
 - NO MORE THAN 16-24 OZ OF MILK PER DAY
- LET YOUR CHILD FEED HERSELF USING FINGERS AND UTENSILS.
- ALLOW YOUR CHILD TO DECIDE WHEN HE IS FULL.
- EAT MEALS AS A FAMILY WITHOUT THE TV.
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

YOUR DEVELOPING CHILD

- SPEAKS COMPLETELY CLEARLY IN SHORT SENTENCES
- DRESSES AND UNDRESSES SELF WITHOUT HELP
- DRAWS RECOGNIZABLE PICTURES

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS (BHCs) ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- TEMPER TANTRUMS ARE NORMAL. DO NOT DISCIPLINE WITH SPANKING.
 - PRAISE GOOD BEHAVIOR.
 - SET LIMITS.
 - USE DISTRACTIONS.
 - REMOVE FROM SITUATION.
- MODEL GOOD BEHAVIOR TO YOUR CHILD BY SHOWING HOW TO APOLOGIZE AND EXPRESS FEELINGS.

HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY WITH PEA SIZE AMOUNT OF FLUORIDE TOOTHPASTE.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

KEEP YOUR CHILD SAFE

- FORWARD FACING CAR SEAT WITH 5 POINT HARNESS IN THE MIDDLE OF THE BACKSEAT UNTIL HEIGHT OF 4'9".
- TEACH YOUR CHILD HOW TO BE SAFE AROUND OTHER ADULTS.
 - NO ADULT SHOULD ASK TO KEEP SECRETS OR LOOK AT PRIVATE PARTS.
- DO NOT APPROACH STRANGE ANIMALS.
- DO NOT LEAVE YOUR CHILD ALONE IN THE HOUSE OR CAR.
- NEVER LEAVE YOUR CHILD IN WATER ALONE.
 - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- STORE FIREARMS IN A LOCKED AREA UNLOADED.
- DO NOT LET YOUR CHILD CROSS THE STREET ALONE.
- ALWAYS WEAR A HELMET WHEN RIDING A TRICYCLE, BICYCLE, OR SCOOTER.
- CALL POISON CONTROL CENTER (1-800-222-1222) IF YOUR CHILD EATS A POISON, MEDICATIONS, OR CLEANING SUPPLY.

ACTIVITIES

- READ WITH YOUR CHILD EVERY DAY AND GO TO THE LIBRARY TOGETHER.
- PLAY MAKE BELIEVE AND DRESS UP.
- CONSIDER ENROLLING IN PRESCHOOL
- LESS THAN 1 HOUR PER DAY OF TV, IPAD, COMPUTER, AND CELL PHONE TIME AND SUPERVISE SCREEN TIME

NEXT VISIT: AGE 5 YEARS

FOR MORE INFORMATION, PLEASE VISIT

WWW.HEALTHYCHILDREN.ORG