

4 year Well Visit

Weight _____(%)

Length _____(%)

What to Expect:

Immunizations: DTaP, IPV, MMR and Varicella vaccines will be given, Influenza vaccine in fall/winter

Screenings/Labs: Vision screen and Hearing screen will be completed, TB risk assessment

Feeding / Nutrition:

Your child should be eating meals similar to your own with a good variety of foods – try to avoid serving the same foods over and over just to get them to eat. Have relaxed family meals without distractions of TV or electronics. Involving your child in shopping, growing, and preparing food will make them more eager to try new things. Make sure they are eating fruits and vegetables of all colors and if not discuss a multivitamin with your pediatrician. Keep helping them to brush their teeth twice a day using a pea-sized amount of fluoride toothpaste and see the dentist every 6 months.

Development:

- Your child should have good speech clarity and be able to tell longer stories. Read with them often and limit screen time (TV, tablets, computer, video games) to no more than 2 hours/day
- They should count to at least 10, recognize letters and be starting to write their name
- They should hop, start to skip, and be able to dress and undress themselves
- They become aware of their gender – use correct terms for all body parts as your child asks or becomes interested
- Your child should know their full name and address

Safety Issues:

- Teach your child your names and phone numbers
- If your child is 4 years and 40 pounds or more they can transition to a Booster seat using the shoulder belt properly placed across the shoulder/chest, and low across their lap- always in the back seat. If they are under 40 lbs, continue to use a 5-point harness car seat until they reach 40 lbs. Your child should stay in a booster seat until they are 57 inches (4 ft 9 in) tall.
- Teach your child how to be safe with other adults: No one should ask for a secret to be kept from parents, No one should ask to see private parts (without a parent present), No one should ask for help with their private parts.
- Never leave your child alone in the car, house, yard or near water
- Keep firearms unloaded and locked away with ammunition stored and locked separately

Notes: