

6/12/2014 4 Year Visit

Suggested Diet/Feeding Reminders

A balanced diet continues to be important. Remember the four food groups (milk, meats, fruits and vegetables, and breads and cereals.)
Become food-conscious on behalf of your child
Offer water first if your child is thirsty
Don't allow eating to become a power struggle
Avoid junk foods and drinks
Use mealtimes to teach table manners
Be flexible in the form of food your child prefers
Let mealtimes be a family social event
Remember to brush your child's teeth twice daily. He/she should see the dentist every six months.

Safety Issues

Always use an approved and appropriately sized car seat when traveling.
At 80 lbs., your child may use a regular automobile safety belt, but booster seats are still available. She/he should ride in the back seat!
Store knives and firearms out of reach!
Your child should be closely supervised when outdoors, especially when near a street. Supervise your child when he/she is riding a bike—purchase an approved and correct-fitting bike helmet.
Never leave your child alone around water, not even for a second. Knowing how to "swim" does not make a child water-safe at this age.

Poison-proof your house! Poison control: 1-800-222-1222

Remove potential toxins from reach
Lock up electrical tools, firearms, matches
Don't smoke around your child
Watch out for potential burns! Purchase fire and CO alarms for your home, and teach your child what to do in case of a fire.
Talk to your child about not following strangers, and not accepting touching or conversation they don't like by others.

Enjoy! Your child soon should be able to:

Alternate feet when descending stairs

Climb a ladder
Have the ability to cut and paste
Engage in conversational give-and-take
Name several colors
Counts, sing songs
Dresses/undresses with supervision
Is imaginative and intensely curious
Has formed gender identification
Enjoys companionship with other children, plays cooperatively, and shows interest in other children's bodies
Meets the challenges of kindergarten/preschool class

Discipline

Reprimand privately
Provide appropriate and clearly stated limits, along with an explanation of consequences if rules are broken
Supervise to ensure that rules will be followed
Establish a balance between the child's needs for independence and the need for limits
Use consistent approaches with discipline
Keep in mind that discipline is a form of guiding your child and teaching him/her how to gain self-control, to respect other's rights and to live by society's rules
Praise your child for correct behaviors

Daycare and Preschool

Observe various centers when choosing a program
Stay involved in your child's education process
There is a slightly higher rate of certain highly infectious, easily transmitted childhood illness through more frequent contact with other children in day care. So be prepared!
Encourage your child to sleep in his/her own bed
Provide opportunities for your child to interact with peers
Recognize that your child can accept and keep an agreement. Praise a job well done.

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Promote activities that require your child to “figure things out.” In pretend-play, encourage shifts back and forth from “make believe” to real.

Take exploratory walks, outings to new places, and shopping trips.

Avoid TV!

If your child is in school, show interest in his/her daily activities.

Be ready to answer questions regarding sexuality, at the level of your child’s understanding. Use correct terms for genitals. Encourage privacy for children when they are dressing, undressing, or bathing.

Welcome to one of the absolute most enjoyable times of parenthood!

