

**4YRS**  
PEDIATRIC  
CARE ADVISOR



Well Child Care  
Age 4



Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.



# Nutrition

We usually expect children to eat more than they actually need. While it may seem as if your child “barely eats,” most kids are very good at knowing how much they need in order to grow. Avoid battles over eating. Remember that you have control over what your child eats. Offer healthy meals and snacks. Limit sweets and junk food like chips. Limit sugar and fat. Milk should be given at meal times. Limit juice and all sweetened beverages to 4 oz per day. Water should be offered throughout the day.

Limit TV, computer and video games to 1 hour per day. Encourage your child to be active and play outdoors.

Recent studies suggest that lack of sleep contribute to childhood obesity. Have a set bedtime and a specific bedtime routine.

# Development & Behavior

Four year olds are very active. They are talkative and have a hard time sitting still. Most of their speech is easily understood and they are able to answer questions and carry on a conversation. They do not yet know the difference between make-believe and reality, so they may make up stories at times. They may have imaginary friends at this age. Nightmares and fear of the dark are common. This is a good time to start preschool, where four year olds can learn to share, and play with others.

Four year olds are often stubborn and can be difficult to reason with. Hence, behavioral issues can be a challenge at this age. You can reduce the amount of conflict you have with your child by putting things you don't want your child to play with out of reach. This will reduce the number of times you need to say “no.” When your child does something hurtful or destructive, put him/her in a time out for about 4-5 minutes. Let him/her know what behavior you do not like.

# Teeth

Brush teeth twice daily with a pea-sized amount of toothpaste. Now is a good age to teach your child to floss at least once a day. Schedule a dental exam every 6 months.

## *About this guide*

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

# Safety

- Forward facing toddler car seats should be used until the child is over 4 years of age and over 40 pounds. If your child has outgrown the car seat, be sure to use a booster seat. Make sure that the seat belt is properly fastened and the booster seat is securely tied down.
- Never leave your child alone in the car.
- Do not leave your child unsupervised near water; supervision should always be done by an adult.
- Use gates or fences around pool areas.
- Use sunblock with an SPF of 15 or higher and avoid spending time outdoors between 11 a.m. and 1 p.m.
- Your child should always wear a helmet when riding a bike or scooter.
- Discuss the importance of never talking to or going with strangers. Establish a code word that a person must say if they are sent by mom or dad to pick a child up. If the person does not say the word, your child should not go with them.
- Keep all medication and cleaning fluids locked in cabinets or in areas that your child cannot reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).

# Immunizations

Your child will receive “booster” vaccines at this visit. These include: DTaP, IPV, MMR, Varicella. These doses are meant to boost the immunity of vaccines your child received in infancy. It is recommended that all children get a flu vaccine every fall. If this is your child's first flu vaccine, an additional vaccine will be required in 1 month.

You can find more information on vaccinations online at: [http://www.facey.com/ped/child\\_care.php](http://www.facey.com/ped/child_care.php)

# The Next Visit

Your child's next appointment will be at 5 years of age.

live healthy  
enjoy life