



Watching you grow!

Name: _____

Date: _____ BMI: _____

Weight: _____ %

Height: _____ %

Blood pressure: _____

Well-child exam: 4 years

Nutrition

- Feed your child at family meal times and give two nutritious snacks per day.
- Serve a variety of healthy foods, including plenty of fruits and vegetables, breads, cereals and other grain products, low-fat dairy products, lean meats, and foods prepared with little or no fat.
- Your child should drink up to 16-20 ounces of skim milk a day at meal times only.
- Avoid giving fast foods and drinks that are high in fat, salt and sugar.
- Limit fruit juice to 4-6 ounces daily and none at bedtime.
- Recommended Vitamin D intake is 600 IU daily. Recommended calcium intake is 1000 mg daily.
- Teeth should be brushed at least twice daily with caregiver help. Use a pea-sized amount of fluoride toothpaste. Start flossing when two teeth surfaces touch.
- Your child should visit the dentist every six months.
- Food should be used as nutrition, not as a pacifier or distraction.

Wetting and stooling

- Most children this age are fully toilet-trained but nighttime accidents are common.
- Most children have one soft stool every 1-3 days. If your child is straining or having difficulty or pain with stooling, call the clinic for evaluation.

Sleeping

- Most children sleep 9-12 hours per night.
- Your child may no longer need naps.
- Televisions or computers should **not** be used before bedtime. Televisions should **not** be in the bedroom or used to fall asleep.

Growth and development

Children develop at their own rate. Your 4-year-old may:

- Continue to learn to hop, run, skip and climb
- Mostly dress himself except for fasteners
- Start to draw designs and recognizable objects
- Become aware of more dangers and show new fears
- Continue to test parental limits
- Become more aware of sex role differences
- Speak in 4-5 word sentences and have funny, exaggerated stories
- Ask the endless “why” question
- Like to help with simple tasks
- Believe the only viewpoint is his own
- Can help dust and clean
- Often can't tell what's real and what's make believe

Positive parenting

- Notice and describe good behavior.
- Spend time playing with your child every day.
- Show affection and pride in your child's strengths.
- Read together every day.
- Limit your child's total screen time (TV, computer and video games) to less than two hours a day and monitor what he watches.
- Expect your child to follow family rules, such as those for bedtime, television viewing and chores.
- Answer your child's questions regarding the differences in boys and girls in simple and honest ways using correct terms for body parts.
- Attempt to resolve sibling conflicts without taking sides.
- Give your child opportunities to play with other children.
- Listen to your child when he is talking.

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.

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Illness

- Colds are caused by viral infections and will not respond to antibiotics. Unnecessary antibiotic use may increase the risk of infection from resistant bacteria strains.
- To prevent transmission of illness, keep your child home until diarrhea or fever has been gone for 24 hours or as directed by your provider.
- Family members should wash hands frequently.

Safety

Children are very curious about their environment. The following suggestions can help ensure their safety.

- Children should wear appropriate helmets and protective gear while bicycling, rollerblading, skating, snowboarding and horseback riding.
- Children should learn to swim. However, learning to swim does not replace constant supervision around water.
- **Adults and children should be appropriately restrained in a vehicle. If your child is 8 years or younger and less than 4'9", he needs to be in a booster seat in the back seat. Children under age 13 should ride in the back seat.**
- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every 6 months. Practice a fire escape plan.
- Store knives out of reach and sight.
- If there are guns in the home, be sure that guns and ammunition are locked up and stored separately.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every two hours or according to manufacturer instructions. Children should wear protective clothing, hats and sunscreen when going outdoors.
- If in an area with biting insects, apply repellent with less than 30 percent DEET or 5 to 10 percent picaridin repellent to skin and clothing to protect your child. (Avoid eyes.)
- Remove hanging cords from window drapes and blinds. Children can become entangled and strangle themselves.
- Continue to have safety latches on drawers and cabinets and cover electrical outlets. Keep garages safe as well.

Teach your child:

- Street safety and to be careful around strange dogs. **Do not** rely on the child to remember these rules.

Also teach your child:

- **Not** to follow or go anywhere with strangers and to **not** allow himself to be touched by others in ways he does not like. Let him know it is OK for him to tell you anything.
- When and how to call 911.

Pediatrician-approved Web sites:

www.aap.org
www.blendcentralmn.org
www.cdc.gov
www.centracare.com
www.childrensmn.org
www.chop.edu
www.ecbt.org
www.healthychildren.org
www.kidshealth.org
www.helpmegrowmn.org
www.parenting.umn.edu
www.health.state.mn.us/divs/cfh/program/cyshn/earlyintro.cfm



Community resources:

Child passenger safety seat inspections (free)

Call 320-229-5139 for an appointment or visit www.buckleupkids.state.mn.us for more information.

Early Childhood Family Education

For classes about raising young children, contact your local school district.

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1, 651-291-0211 or 800-543-7709.

Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call 320-654-1090.

Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call 800-222-1222.



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