

## PAVILION PEDIATRICS POINTS TO REMEMBER: 4 YEARS

### Nutrition

- Water should be offered throughout the day
- Recommended 16-24 ounces of low fat/fat free milk
- Juice is not necessary and should be limited to 4 ounces daily.
- Offer a variety of nutritious foods during snack and mealtime: fruits, vegetables, lean meat
- Decreased appetite is associated to a slower rate of growth. Let child decide how much to eat.
- Avoid TV during mealtime
- Brush teeth twice a day. Visit Dentist every 6 months.

### Development

- Gross Motor**
  - Can skip on 1 foot
  - Climbs stairs alternating feet without support
- Fine Motor**
  - Draws a person with 3 body parts
  - Unbutton/button clothing
  - Grasps a pencil with thumb and fingers.
- Language/Communication**
  - Language is really developing at this age. Children may be using plurals, pronouns, and sentences of 4 words.
  - Speech is understandable 100% of time
  - Can tell a story from a book (in his/her own words)

### Sleep

- Continue to establish a calm bedtime ritual
- Avoid tv/ screen time 2 hours prior to bedtime

### Learning

- Read regularly and encourage children to talk in order to enhance speaking skills
- Ask questions after reading a story
- Children continue to learn through play which is why it is important to provide opportunities for your child to interact with peers.
- Limit TV and other screen time to no more than 1-2 hours a day.

### Safety

- Continue to use a forward-facing seat in backseat. It is appropriate to use 5 point harness as long as possible (be sure to check height and weight limitations on manufacture's guide).
- Always supervise child near pools and use life jacket until child has learned to swim.
- Use of insect repellent and sunscreen is recommended. Choose a repellent that contains < 30% DEET. Choose a sunscreen with an SPF of 30 or higher. Remember to reapply every 1-2 hours if getting wet.

### What to expect at Today's Visit

- Today will measure height, weight, BMI, and blood pressure
- Vaccines today will include Quadracel and Proquad
- Next well visit is in 1 year

\*We encourage you to discuss any questions, concerns you may have with your child's primary care provider!

