

The Pediatric Center

Boulder, CO
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Name: _____

Date: _____



4 YEAR VISIT

TODAY'S MEASUREMENTS

Height _____ inches (_____ percentile)

Weight _____ pounds _____ ounces
(_____ percentile)

BMI _____ (_____ percentile)

Blood Pressure _____ / _____ mm Hg

IMMUNIZATIONS

Chickenpox (varicella)

DTaP (diphtheria, tetanus and pertussis)

MMR (measles, mumps and rubella)

Polio

Influenza

Covid

Possible vaccine side effects are rare but may include:

- Fever
- Redness or swelling at the site of the shot

If needed you can give acetaminophen (Tylenol).
Contact us if your child's symptoms are severe or last longer than 48 hours.

Next Visit: 5 years of age

SLEEP

- Your child may stop napping during the day.
- Establish a simple, soothing bedtime routine so that your child gets 10-11 hours of sleep per night.
- If your child has bedtime fears, talk about them and remind your child that you are nearby. Respond to nightmares right away and comfort your child.
- If your child snores heavily or you are having trouble with his or her sleep habits, ask your doctor for help.

NUTRITION

By age four children should be able to eat on their own. Offer choices when possible and try to get your child to try new foods. This will help teach your child healthy eating habits as he or she grows up. Be a good role model by choosing healthy foods and avoiding soda and junk and fast food.

- Your child needs 1,000 milligrams of calcium every day. Low-fat dairy products such as milk, yogurt and cheese are good sources. Bread and cereals with calcium in them are good choices for children who do not eat or drink enough dairy products. If your child is not getting enough calcium, a calcium supplement may help. Talk with your doctor.
- Limit juice to no more than four ounces a day. Do not allow your child to drink soda.
- Teach your child to choose healthy snacks. Avoid frozen or prepackaged treats that are high in sugar and fat. Fresh fruits, nuts, cheese and yogurt are healthy choices.
- Eat meals with the whole family. Do not eat in front of the TV or other screens.

DEVELOPMENT

All kids develop at their own rate. At this age you may notice that your child:

- Hops on one foot
- Balances on one foot for two seconds
- Knows the names of four colors
- Pours liquids and cuts and mashes own food
- Dresses himself or herself including buttons
- Knows his or her first and last name
- Sings a song from memory
- Speaks clearly
- Pretend plays, such as fantasy games
- Plays board or card games
- Draws a person with three parts
- Tells you what will happen next in a book

SAFETY

- Use a forward-facing car safety seat or switch to a belt-positioning booster seat when your child reaches the weight and height limit for his or her car safety seat, his or her shoulders are above the top harness slots, or his or her ears come to the top of the car safety seat.
- Teach your child about boundaries and let them know no one has the right to touch them or make them feel uncomfortable. No adult should ask your child to keep secrets from you. Use proper names for all body parts. No adult should show interest in your child's private parts. No adult should ask your child for help with his or her own private parts. Remind your child that they won't get in trouble for talking to you, no matter what they have to say.
- Make sure your child learns to swim and always wears a life jacket. Be sure swimming pools are fenced and have a gate.
- Keep an eye on your child when he or she is near streets. Teach your child to not follow pets or balls into the road.
- Make sure that all chemicals, medications, edibles, cleaners, button batteries, small magnets, knives, matches and other hazardous materials are locked away, out of your child's reach.
- Cook on the back burners of your stove to reduce the risk of burns. If your child gets burned, apply cold water (not ice) right away and call your doctor.
- When you go out, put a hat on your child, have him or her wear sun protection clothing, as apply sunscreen with SPF of 30 or higher on his or her exposed skin. Limit time outside when the sun is strongest (11:00 am—3:00pm).
- Have your child wear a helmet when riding a bike, scooter, skateboard or other ride-on toy, or when skiing.
- Teach your child to not go with strangers or take anything from them.
- Tell your child not to go near dogs without asking you first.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked in a gun safe and stored away from ammunition.
- If you are worried about violence in your home, speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or ndvh.org
- Keep the Poison Control Hotline posted on your refrigerator and saved in your phone contacts: 1-800-222-1222

DISCIPLINE

With your child able to say more words, he or she may bargain with you often- "One more story, then I'll nap", for example. Keep consistent rules and limits. Remember you are the one in charge.

- Do not let your child hit or bite.
- Stop hostile behavior from your child and talk about how those actions affect other people.
- Teach your child to say sorry. Be a good role model for respectful behavior.
- Praise your child when he or she cares about other people's feelings.

TOILET TRAINING

Most children now stay dry during the day. Bedwetting is still common at this age. Do not scold or punish your child for this. Teach your child to wash his or her hands after using the bathroom.

PROMOTING DEVELOPMENT

- Think about enrolling your child in preschool. This can help build learning and social skills such as sharing and taking turns. If your child is not in school, give him or her a lot of chances to play with other kids.
- Children at this age ask many questions. Keep your answers short and tell the truth.
- Encourage daily exercise by taking your child to the playground or park.
- Supervise as your child eats, bathes and dresses, but let your child do more on his or her own.
- Read to your child every day. Let him or her tell you the story. Point out letters and play rhyming games together. Visit the library and help your child choose books that he or she likes.
- Help your child brush his or her teeth twice a day. Take your child to the dentist every 6 months.
- Speak to your child slowly, clearly and in adult language. Do not hurry his or her speech or speak for your child. Give your child plenty of time to finish their sentences.

TV AND MEDIA

- Be active as a family often.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day.
- Discuss the programs you watch together as a family.
- Don't put a TV, computer, tablet or smartphone in your child's bedroom.
- Create opportunities for daily play and praise your child for being active.