

## Well Child Care at 4 Years Old

### Diet

- Your child should eat with the family during meal times and be feeding him/herself.
- If you have well water, make sure your child gets fluoride from another source.

### Development

- Your child has good balance now when walking, running and hopping.
- Allow privacy while your child is changing clothes or using the bathroom.
- Encourage your child to copy shapes and draw on paper.
- Remember to read to your child every day.
- Children at this age often want to do things by themselves. Patience and encouragement will help your child develop new skills and build self-confidence.
- Breaking rules is common at this age. One effective method of discipline is having him/her stand in a corner by him/herself for 4 minutes if he/she breaks a rule.
- Children usually become more cooperative in their play with other children at this age. Encourage their vivid imaginations.
- Limit screen time (television, computer, video games) to less than one to two hours a day.

### Hygiene

- Do not put Q-tips in the infant's ear canal. The outer ear may be cleaned with a Q-tip or washcloth.
- Brush your child's teeth with children's toothpaste twice a day.

### Safety

- Every time you take your child in the car he/she must be properly restrained in an approved toddler car seat. Never leave your child alone in a car.
- Reduce the temperature of your water heater to less than 120°F to avoid burns.
- Remember to always use sunscreen.
- If you have guns, make sure they are locked up and out of reach. Store the ammunition separately from the gun.
- Always be sure to have a functioning smoke detector.
- In case of a poisoning emergency call 1-800-222-1222.

### Immunizations

- Your child may receive vaccines today depending on where he/she is on the immunization schedule.

**Next Visit:** Your child's next routine visit will be at 5 years old.

