



4 Year Well Child Check

Expected Developmental Milestones

- More creative with make-believe play
- Tells stories, sings songs
- Draws a person with 2-4 body parts
- Starts to copy some letters
- Can jump on one foot
- Can tell you what he thinks is going to happen next in a book
- Remembers parts of a story

Safety

- Use a forward-facing car seat in back seat until child has outgrown weight limits then transition to booster seat in the back
- Never leave your child alone in the car, house or yard
- Never have a gun in the home. If you must, store it unloaded with ammunition locked up separately. Ask if there are guns in the homes where your child plays
- Supervise near streets and driveways
- Have child wear a good-fitting helmet on bikes or tricycles
- Use a sunscreen labeled "broad-spectrum" and at least SPF 15. Apply generously 15-30 min before going outdoors and be sure to reapply every 2 hours

Med Dosing

<i>Weight</i>	<i>Children's Motrin (every 6-8 hours as needed)</i>	<i>Children's Tylenol (every 4-6 hours as needed)</i>
24-35 lbs	5 mL (1 tsp)	5 mL (1 tsp)
36-47 lbs	7.5 mL (1 ½ tsp)	7.5 mL (1 ½ tsp)
48-59 lbs	10 mL (2 tsp)	10 mL (2 tsp)

Getting Ready for School

- Limit screen time to 1 hour or less per day
- Be active together as a family
- Ask your child questions about the story or pictures; ask him to tell a part of the story
- Ask your child to tell you about his day, friends, activities
- No TV in child's bedroom
- Consider enrolling child in a preschool, Head Start or community program

Healthy Habits

- Use correct terms for all body parts as your child becomes interested in how boys and girls differ
- Teach your child how to be safe with other adults
 - No one should ask for a secret to be kept from parents
 - No one should ask to see private parts
 - No adult should ask for help with his private parts
- Have family meals without TV
- Create calm bedtime routine
- Brushing teeth twice daily

Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
- DTaP #5	- MMR #2
- Polio #4	- Varicella #2
- MMR #2	
- Varicella #2	

<https://www.cdc.gov/vaccines/index.html>

Next Well Child Visit: 5 years old