

4 Years

Developmental Milestones

Gross Motor

Balances well on one foot
Can hop on one foot
Walks well on tiptoes

Language

Speech should be 100% understandable
Using complete sentences well
Can count from 1-10
Should know all primary colors and may know several other colors
Correctly uses pronouns like "I", "me", and "you"
Recognizes gender differences
Can sing a song

Fine Motor-Adaptive

Holds a pencil well
Can draw a circle well
Can copy a "+" sign
Draws a person with three body parts
Can choose the longer of two lines

My Child's Growth

Height: _____ %

Weight: _____ %

BMI: _____ %



Personal-Social

Brushes teeth without help
Dresses without help
Can make a bowl of cereal
Plays board games (age appropriate)
Talks about his activities that day
Can identify emotions (angry, sad, afraid)

Anticipatory Guidance

Safety

- ◆ Always place your child in an appropriate booster seat, and make sure he is restrained properly. Remember that booster seats should never be placed in the front seat or near an airbag as this can cause serious injury or even death.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Always maintain a smoke-free environment around your children.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around or within reach of your child. You never know when he might knock them over onto himself.
- ◆ When your child will be outside, sunscreen should be used and should be SPF 30 or higher.
- ◆ Make sure your home is completely childproofed (See childproofing handout).
- ◆ Remember, anchor tall furniture to prevent it from tipping onto your child.
- ◆ Never leave a bottle of milk or juice in the bed with your child. It will lead to tooth decay.
- ◆ Never leave windows open without a window guard.
- ◆ If you have a pool, make sure you have a pool fence on all four sides with a self-locking latch that is out-of-reach to the child
- ◆ Continue talking to your children about strangers.
- ◆ If your child is riding a bike, always make sure he is wearing a safety helmet.
- ◆ Talk to your child about weapons, poisons, and fire safety. Begin teaching him how to dial 911.

© 2004



(813) 657-PEDS

<http://www.premiercarepeds.com>

4 Years

Anticipatory Guidance

Your Child's Care

- ◆ Bedtime routines should be well accepted by this age.
- ◆ Continue reading stories. Your child will begin to read the story with you.
- ◆ Your child should continue to have 2-3 servings of dairy per day.
- ◆ Your child should be brushing his own teeth well at this point.
- ◆ Your child should be eating independently with a spoon and/or fork at this age.
- ◆ Continue to be very careful with foods which pose a choking hazard: peanuts, whole grapes, popcorn, hot dogs, sausage, and hard candy.
- ◆ Remember to choose healthy meals and snacks for your child.
- ◆ Use distraction as discipline as well as positive reinforcement.
- ◆ Time-out continues to be a useful form of discipline as well at this age. Remember one minute for every year of age.
- ◆ Continue to set and enforce rules with your child.
- ◆ Be assertive with limits, or your child will continue to see what he can get away with.
- ◆ Nightmares may continue at this age. Comfort your child and then tuck him back into his bed.
- ◆ Your child should be toilet trained during the day. It is normal to require pull-ups or have accidents at night. See toilet training handout for more information.
- ◆ Continue to teach your child about sharing.
- ◆ Continue with yearly or twice yearly visits to the dentist.

© 2004



(813) 657-PEDS

<http://www.premiercarepeds.com>
