

## CMA 4 Year Well Child Visit

### Development

What most children do by this age:

- Catches a large ball most of the time
- Unbuttons some buttons
- Holds crayon/pencil between finger and thumb (not a fist)
- Names a few colors
- Draws person with 3 or more body parts
- Tells what comes next in a well-known story
- Says sentences with 4 or more words
- Talks about at least one thing that happened during the day
- Pretends to be something else during play (superhero, dog, teacher)
- Likes to be a helper
- Comforts others who are hurt or sad

### Nutrition/Feeding

- Encourage 5 servings of fruits/vegetables per day, but never force to eat
- If picky eater provide healthy choices in small portions
- Avoid high fat/high sugar foods
- Limit snacks to twice a day
- Do not use food as reward or punishment
- 24 oz of low-fat/skim milk or dairy equivalent a day (Yogurt is equivalent oz per oz; 8 oz milk=1 ½ oz hard cheese or 2 oz processed (eg. American cheese).
- Discourage juice; limit to 4-6 oz a day max

### Hygiene

- Brush teeth twice a day
- Dental check ups twice a year
- Nothing to drink except water after brushing at night
- Bed wetting may still occur
- Use correct terms for genitals and understand that sexual curiosity of self and playmates is normal
- **Maintain good hand washing practices**

### Sleep

- Encourage 10-12 hours at night
- May resist going to sleep at night; give choices at bedtime to give sense of control, use night light, provide security object
- May experience nightmares/night terrors

### Safety

- Use booster seat or 5 point harness car seat.

- **Safety proof home:** Keep medicines, chemicals out of reach; smoke detectors on every floor; fire escape plan; safety gates on top and bottom of stairs; open windows from tops or protect open windows with barriers that child can not push out
- Keep matches and lighters out of reach
- If firearms in the home, keep unloaded and locked out of sight with ammunition secured in separate location inaccessible to children
- Avoid smoke in environment
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Limit sun exposure/use sunscreen SPF 15 or higher
- Do not leave unattended near water, even if child knows how to swim
- Teach street safety and do not allow child to ride bikes in the street or near traffic
- Use helmets when riding a bike, scooter, etc.
- Consider discussing appropriate touching
- Start teaching 911 and home/important phone numbers

### Stimulation/Activities

- Read to child every day
- Sing/dance/cuddle together
- Start teaching numbers, colors, ABC's, shapes
- Picture books, puzzles and sorting games
- Large crayons, paints, blunt scissors
- "cooking"—measuring and pouring
- Limit & monitor "Screen" time to less than 2 hours a day
- Take energy-releasing excursions to zoo, picnics, parks, playgrounds
- Provide opportunity to interact with peers

### Discipline

- Reward good behavior
- Avoid spanking or child may think it's ok to use violence to solve problems
- Brief parent or child "time out" if necessary-  
- use one minute per year of age
- Avoidance and distraction works well
- Provide clearly stated limits and consequences if rules are broken
- Establish balance between child's need for independence and need for limits
- Assign chores such as setting the table

### Next Well Child Visit at 5 years old

\*See CMA links page for more helpful health information: [www.cmanva.com](http://www.cmanva.com)