

## RENAISSANCE PEDIATRICS, P.C.

# 4 Year Well Child Check

### Development

Hops, runs, skips and climbs

Is accident prone

Manipulates blunt scissors

Dresses self, except for shoes

Regress to baby behavior sometimes

Continues to test parents limits

Uses “naughty” or “potty” words to observe reaction

Is ready for group activities

Can count to 10

Is more aware of sex-roll differences

Identifies some shapes

Asks endless “why” questions



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child’s pattern of development please feel free to ask us!

### RENAISSANCE PROVIDERS

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- Listen to your child & treat with the same respect you would give to another person
  - Encourage your child to apologize when wrong
- Praise when your child shows sensitivity to the feelings of others
  - Praise for cooperation and accomplishments
- Help your child express feelings such as joy, anger, sadness & frustration

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## 4 Year Well Child Check Cont.

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### Parents Points of Interest

#### Nutrition

*Create pleasant atmosphere at dinner with TV off and table conversation that includes child*

#### Sunscreen

*Use at least 30 spf and look for the active ingredient of Zinc Oxide or Titanium, these ingredients offer the best sun protection.*

#### Bedtime

*Create calm bedtime routine with reading or stories to help pre-reading skills and peaceful sleep.*

#### Insect Repellent

*DEET should be active ingredient, but no more than 10% is needed, bug spray is oil based and does not usually require reapplying over 8 hour period.*

#### Vitamin D

*All children should have an intake 400 IU of vitamin D a day. They can get this from 16-24 ounces of dairy a day or from vitamins with 400 IU of vitamin D.*

#### Poison Control

*Keep on hand in an easy to find location-*

**1-800-222-1222**

#### Car Safety Seat Inspection Locator

www.seatcheck.org or  
866-SEATCHECK  
(866-732-8243)

### School Readiness

- Read interactively with your child
  - Point out letters, especially in their name, (“J” is like in “Jake”)
- Take your child to the zoo, the park, and the library, ask if your child may get a card
  - Show interest in your child's structured activities.

### TV/Video Games

- Limit to no more than 2 hours combined “screen” time (tv/video/comp)
  - Watch the programs your child watches and discuss them
- Be aware of commercials that may not be appropriate and suggestive

### Physical Activity

- Encourage running, marching & jumping, praise their ability to do these
- As often as possible be active as family; walks, going to park, riding bikes
- Make sure your child has plenty of opportunity for play at home and away

### Safety

- May be transitioning to booster seat (if 40 lbs), ensure always buckled
  - Your child needs a helmet for riding tricycle, bike and/or scooter
    - Never leave alone when outside
      - Supervise always when playing near street or driveway
        - Your child is not ready to cross the street alone
- Guns should remain locked with ammunition in separate location locked.
  - Develop an escape plan in the event of a fire in your home

### Nutrition

- Strive for five fruits and vegetables every day
- Preschoolers should get 2-3 cups of milk a day and no sweetened drinks

*For additional information on these and more topics visit: [www.renaissanceped.com](http://www.renaissanceped.com)*