child health associates, p.c.~~ www.childhealthassociatespc.com

Bloomfield Hills: 248-203-6620   **Farmington Hills: 248-788-2100**

Four Year Exam

Height _____   **Weight _____**

Nutrition: May still have a poor appetite and be a picky eater. Encourage trying small amounts of new foods. Limit high calorie snacks, junk food and soda pop. Visit the dentist regularly and brush teeth twice daily. A multivitamin may be given if adequate nutrition is a concern.

Development: Hops in place, throws a ball overhand, can catch a large ball, walks on tiptoes, washes hands alone, dresses alone, may draw a person with 2 or 3 parts, knows basic colors, counts to 5, can sing a simple song. Separates easily from mother.

Immunizations/Tests: Urinalysis if not done at 3 years; Dtap #5, IPV #4, MMR #2

Social: A 4-year-old has a lively mind, assertive, high energy level, exaggerates, may be defiant, makes faces, may be verbally "out of bounds", enjoys jokes, still questions "why", may enjoy group play (play groups, nursery school, swim lessons).

Safety: Proper storage of electrical tools and firearms. Street, animal, and water safety. Consistent use of car restraints. Should always wear a bike helmet. Teach child what to do in case of fire. It's a good idea to have a family fire plan and memorize address and telephone number. Discuss strangers and appropriate and inappropriate touching by caregivers. Assign household chores.

Common Issues: Poor appetite, nightmares, temper, assertive behavior, name calling/verbal outbursts, nighttime wetting. Monitor the content and amount of television and media exposure.

BE AN ACTIVE PARENT! Spend time playing with your child every day. Encourage your child to learn to make her own good decisions. Show affection and pride in your child's activities and schoolwork. Be a good example for your child. Demonstrate good health habits by regularly exercising, eating healthy foods, limiting TV viewing and solving problems together as a family. Decrease alcohol consumption, and do not smoke.

Next exam is at five years of age