



Well Child Visit  
**4 YEARS**

General Pediatrics Department  
U.S. Naval Hospital, Okinawa

Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Length: \_\_\_\_\_

**Parent Tips**

1. Always remember the positive effects of praise.
2. Watch what you say around your child. He/she will repeat everything.
3. 4-year-olds can be reasoned with. Provide clearly stated limits along with a calm and clear explanation of the consequences if rules are broken. Avoid slapping, spanking, and yelling; your child will learn to do as you do. Use time-outs for 4 minutes (one minute for each year of life). Don't threaten jokingly; 4-year-olds cannot usually tell the difference.
4. Your child may have a security object, like a blanket, favorite toy, etc. This is normal and he/she will give up the item when ready.
5. Playmates are important, so allow your child to play with peers. Children at this age will begin to play cooperatively with others. It is normal for children at this age to have imaginary friends.
6. Limit TV viewing. Watch children's programs with your child when possible. Turn the TV off during meals.
7. Have your child do small chores.
8. Continue to allow your child to make choices whenever possible, but be sure to limit the choices to acceptable alternatives and avoid open questions that you can't anticipate answers for.
9. Don't worry if your child is curious about body parts. Use correct terms for genitals. Modesty and desire for privacy may begin at this age.
10. Teach your child his/her full name, address, and phone numbers.
11. Read to your child.
12. Remember to take time for yourself.

**You can expect your child to:**

- Have speech that is 100% understood by strangers
- Count to 10
- Walk on tiptoes, climb a ladder
- Name 3-4 colors
- Correctly use the pronoun "I"
- Know gender differences
- Hold and use a pencil with good control, draw a person with face, arms, and legs
- Dress and undress self, but still have trouble with shoelaces
- Identify emotions like sadness, anger, and fear

**Feedings**

1. Appetite is normal still not as much as most parents think it should be but they don't need very much to grow adequately. Provide nutritious foods, offer small portions with the option of a second helping. Do not allow your child to fill up on snacks and treats.
2. Don't make your child a separate "special" meal than the rest of the family. This WILL become an expectation.
3. Avoid sweets and junk food. Limit juice to <8oz/day.
4. Eat dinner as a family whenever possible. Insist on proper table manners and encourage family conversation. Turn the TV off during meals.

## **Sleep**

1. An afternoon nap may still be necessary.
2. Maintain a consistent bedtime routine. Use a night-light, security blanket or toy to lessen nighttime fears.
3. Nightmares can wake a child up from sleep. Reassure him/her and put back to his/her own bed.

## **Dental**

1. Take your child to see the dentist twice a year.
2. Supervise your child with brushing twice a day.
3. Fluoride supplementation should continue through 16 years old. Appropriate protection is provided by using fluoridated toothpaste or fluoride liquid drops.
4. Limit juice and sweets.

## **Safety Teach your 4-year-old his/her address, phone number, and emergency numbers, ie.911.**

1. **Falls and injuries:** Continue to maintain a watchful eye and protect your child from indoor and outdoor hazards. Teach safety rules on trikes, bikes, and scooters; insist on helmet use. Always supervise your child when playing near streets and driveways. Trampolines are not recommended because of the risk of serious injury. Teach your child to be careful around dogs.
2. **Car accidents:** Use a properly secured car seat until your child is 40 lbs. The back seat remains the safest place in the car. Set a good example by always using your seat belt. Teach your child pedestrian safety, looking both ways before crossing the street and never have him/her cross alone.
3. **Burns:** Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly. Use guard in front of wall heaters, stoves or fireplaces.
4. **Sun:** Use hats, sunglasses and waterproof sunscreen (SPF 15 or greater). Avoid sun between 1000 and 1500 when the sunrays are the most dangerous.
5. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.
6. **Drowning:** Enroll your child in swimming lessons. But remember even if your child knows how to swim, he/she still needs to be watched closely around water. Learn CPR.
7. **Poisoning and choking:** Keep poisons and medicines locked and out of reach. Never store poisons in a food jar or soft drink bottle. Ensure that plastic bags and deflated balloons are inaccessible as they can cause suffocation.
8. **Guns:** If you must have them, keep them unloaded and locked out of site. Keep ammunition in a separate location.
9. **Strangers:** Teach your child not to talk to strangers.

## **Immunizations:**

1. Your child will receive the following immunizations today: DTap, IPV, and MMR. Your child will also receive a test for tuberculosis (PPD) which requires a return visit in 48-72 hours to check results.
2. Annual flu vaccinations may be recommended for susceptible children, especially those with asthma. Check with your provider.
3. Vision and blood pressure will be check today.

## **Important phone numbers**

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. Closed Thursday Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

## **Next Visit**

Bring your child in at 5 years of age for an exam. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.