



## Nutrition

A four year old's diet can vary from day to day. Your job is to offer healthy foods 3-5 times a day; their job is to decide if they want to eat and how much. Water and low fat milk are best to drink; juice is too sugary and so is soda. Because of high calories and only fair nutritional value, it is best to limit fast food. Eating together as a family and talking together at a meal establishes good bonds.



## Dental

Dentists advise brushing twice a day with just a little children's fluoride toothpaste. Careful – never let a child run with a toothbrush. Baby teeth will not fall out for a year or two.



## Development

Ah, the four year old! At last, some peace and concentration, even if not for long periods! Many four year olds can draw a recognizable person with a head, body and legs. They love to ask questions about how the

world works. They can begin to separate fantasy and reality. They can often do simple chores, such as setting the table or watering the plants. Language is generally clear, but stuttering is still common, as is mispronouncing "th" and "r." Tantrums sometimes resurface at this age. Be understanding of frustration but do not accept rude language or physical violence.



## Play and Toys

The four year old can cooperate with others and loves to make friends and be with their "best friend." Imaginary friends are also normal. Playing catch is fun at this age. Walk together and talk about what you see. Take opportunities to count things you see or to make a game out of finding letters on signs. Read books together and talk about the pictures. Limit TV to an hour a day at most.



## Discipline

The word "discipline" comes from the Latin "to teach." We teach our children to behave properly by making them want to be good. We do this best by praising them for good behavior, so they feel good about themselves when they do the right thing. We also need to make it clear what being good is – let them imitate your example. To control bad behavior, correct quickly but not in anger, and have consequences – if he throws popcorn it gets taken away. Time outs provide time to get it together – 4 minutes time out for a 4 year old. Sometimes phrasing things "when...then" can be helpful, as "when you clean up your toys, then we can draw together." Sticker charts can work with a single problem – for instance, a sticker every day he doesn't hit his brother, and 10 stickers earn a prize.



## Safety

Review child-proofing handout. Be especially careful around pools, rivers, etc. Check your smoke detector batteries at least once a year. Make sure your booster seat is installed correctly in your car (1-866-SEAT-CHECK) and that your child always sits in the back seat. Poison control: 1-800-222-1222.

Name \_\_\_\_\_

Date \_\_\_\_\_

Height \_\_\_\_\_ Percentile \_\_\_\_\_

Weight \_\_\_\_\_ Percentile \_\_\_\_\_

BMI \_\_\_\_\_ BMI percentile \_\_\_\_\_

Acetaminophen (Tylenol) dose:  
ml every 4 hrs. \_\_\_\_\_

Ibuprofen (Advil or Motrin) dose:  
ml every 6 hrs. \_\_\_\_\_

Immunizations and note for today:  
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