

4 to 5 YEAR VISIT

NAME _____ AGE _____ DATE _____

WEIGHT _____ PERCENTILE _____ HEIGHT _____ PERCENTILE _____

PHYSICIAN or NURSE PRACTITIONER: _____

What is normal development at this age?

By age 4 most children should:

- *have understandable speech and count from 1 to 10.
- *dress and undress themselves, but may have trouble with buttons and laces.
- *be able to walk on tiptoes, climb a ladder, and ride a tricycle.
- *know their own name and properly use the pronoun "I."
- *know the difference between a boy and a girl.
- *be able to identify emotions such as "happy" and "sad."
- *be able to copy a cross, a circle, and possibly a square.

By age 5 most children should:

- *be able to say six to eight word sentences.
- *skip, jump forward, and throw a ball overhand.
- *wash and dry their hands and brush their teeth.
- *be able to cut, paste, and draw a person with a head, body, arms, and legs.
- *understand right and wrong, and games that have rules.
- *engage in make-believe and dress-up play.
- *know their own age, phone number, address, and maybe some nursery rhymes.

Anticipatory Guidance

Diet/Feeding:

- *Picky eating and decreased appetite are normal as growth slows. Do not force a child to eat. Your child will determine how much food he needs. Some days he may eat lots, some days little. In general, children in this age range are only gaining a few pounds a year, and therefore often don't eat as much as parents think they should. Your job is to supply them with nutritious foods, and not allow them to skip meals just so they can later fill up on sweets.
- *Limit candy, desserts, fruit juices, fatty foods, and sodas as they are loaded with calories. Obesity is a problem in the United States and often starts when children are young. Obesity can lead to serious health problems and negative self-esteem. Provide nutritious snacks instead of junk food.
- *Share meals as a family with the TV off. Make mealtimes pleasant and encourage conversation.

Sleep:

- *Maintain your child's bedtime routine. Children this age ought to be in bed no later than 9:00 pm.
- *Some children this age still require an afternoon nap.
- *Fear of the dark, thunder, lightning, and monsters are quite common at this age.
- *Nightmares and night terrors may occur. Handouts are available in the clinic.

School Readiness - some guidelines indicating your child is ready for kindergarten:

- *Your child plays well with other children and takes turns.
- *Your child is able to follow directions and conform to simple rules regarding behavior.
- *Your child can feed and dress himself (except possibly tying shoes).
- *Your child is able to separate from you, after a short transition time, for a least half a day.

Dental:

- *Encourage tooth brushing at least twice daily using fluoride toothpaste.
- *If your child has not yet had his first visit with the dentist, now would be a good time. Rehearse before going, so your child knows what to expect.

Parenting:

- *Continue established routines. Children are generally more relaxed when meal times and sleeping times are consistent. Bedtime can be a good time to read books to your child.
- *Frequently praise him for good behavior and for his accomplishments.
- *Encourage your child to make choices (Would you like to wear the red shirt or the blue shirt?). Never ask open questions (Do you want to take a bath?) unless you are willing to accept the answer.
- *Fatigue and hunger are two of the most common reasons children get irritable. Plenty of sleep at night, a daytime nap, and regular meals and snacks are important.
- *Consistency of discipline is very important - adhering to the limits you set keeps your child safe. Be firm and consistent, but also loving and understanding. Try to verbally separate between your child and the behavior, such as "I love you, but I don't like when you stuff cookies in the VCR."
- *"Time outs" should be about 1 minute for each year of age.
- *Read to and talk with your child frequently.
- *Show affection in the family. Be a good role model by using seat belts, avoiding tobacco, and showing respect for others. Children are great imitators and will learn to treat you and others the same way you treat the people around you.
- *By age 4, 95% of children are bowel trained, 90% are dry in the daytime, and 75% are dry at night. Some children take longer than others. If you need help, ask your doctor for guidance.
- *Enhance your child's experiences with trips to libraries, zoos, and parks.

Safety:

- *Ensure swimming pools have a four-sided fence with a self-closing/latching gate. Swimming pools are deadly to children this age. Teach your child how to swim.
- *Conduct fire drills and make sure smoke and carbon monoxide alarms are operating properly.
- *Avoid overexposure to the sun. Use a waterproof sunscreen outdoors (at least SPF 15).
- *By California law, children must be in child car seats or booster seats until they are 6 years old or weigh 60 pounds. Booster seats are recommended until they are 8 years old or weigh 80 pounds.
- *Safety-proof your house. Keep all poisons, detergents, bleaches, chemicals, and weapons locked up. Weapons should also have trigger locks. There is no such thing as a "child proof" cap.
- *Trampolines cause significant injuries and should not be used by children.
- ***California Poison Control Center: 1(800) 876-4766.**
- *Learn first aid and child CPR - know how to save a choking child.
- *Always supervise your child when playing outside.
- *Teach your child his full name, address, and phone number.

Sexuality:

- *Make sure your child knows the names of all body parts, including genitals. Give your child a vocabulary to avoid unwanted touching, such as "don't touch me there."
- *Recognize that a child's sexual curiosity and exploration are normal.



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