

Your Growing Child: 4 Years

Immunization:

DPT, OPV, Varivax, and MMR boosters should be given today.

Diet:

4-years old usually have good appetite, but they will have days during which they are not hungry. A well-rounded diet includes meats, dairy products, vegetables and fruits. 4- year-olds usually eat neatly and without help, but may dawdle.

Teeth:

The child should brush his teeth each morning and parents should assist each evening. Avoid sweets and candies.

Sleep:

Your child should still have a quiet period in the afternoon to nap or play alone. You should also have a special, close time to read together before bedtime.

Toilet Habits:

Most 4-year old take full responsibility for wiping after bowl movements. There may be occasional stool or urine accidents when playing hard and many children will have bedwetting accidents.

Development:

Motor

- can throw with ball over hand
- cuts with blunt scissors
- skip
- stand on one foot for several seconds
- dress himself with some assistance

Personality

- assertive, domineering, critical
- beginning to feel independent, but fearful of failure
- makes excuses for bad behavior
- exaggerates and likes pretend play
- plays well with one person and likes small groups
- not so self centered
- developing a strong sense of family and home
- can comprehend recent past and near future

Speech Development

Vocabulary is now about 1500 words and your child will speak long sentences. Questions peak at this age and they are usually appropriate questions. You can carry on along and detailed conversation with 4 year olds.

Safety:

- 1) No well holes, old refrigerators, nails, etc in your yard.
- 2) No children present when mowing lawn.
- 3) No insect repellent, plant spray, gasoline, etc., in child's reach.
- 4) Keep all medicine out of reach and in safety-capped bottles.
- 5) Guns unloaded and locked away.
- 6) Don't leave children unattended around portable heaters, fans fire, hot irons, etc.
- 7) Instruct child not to get into car with a person whom he doesn't know.
- 8) Keep matches out of reach.
- 9) Syrup of Ipecac on hand.
- 10) Check batteries in smoke alarms.
- 11) Teach traffic rules.
- 12) Helmets are a must for bicycle riding!
- 13) Work on learning name, address and telephone number.