



## Pediatric Development - 4 Years

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Date: \_\_\_\_\_

\_\_\_\_\_’s growth record

Weight: \_\_\_\_\_ pounds

Length: \_\_\_\_\_ inches

### DEVELOPMENT

At this age, the typical child may:

- Name three to four primary colors
- Count to five
- Sing a song
- Cut and paste
- Copy a cross and a circle
- Wash and dry his or her hands
- Brush his or her teeth
- Ride a tricycle
- Alternate feet when climbing and descending stairs
- Interact well with other children.

However, children vary in reaching developmental milestones. If you have concerns, please discuss them with your child’s doctor.

### STIMULATION

At this age, children continue to learn at a rapid pace. They will constantly explore and try new things. They can have a high energy level and, at times, many questions. You will hear “why?” “when?” and “how?” frequently.

With expanding language skills, children may become bossy. As a parent, you can aid development by:

- Assigning reasonable chores for them to complete
- Playing card and board games with them
- Teaching polite behaviors — how to say “please” and “thank you”
- Praising good behaviors
- Providing opportunities to interact with peers
- Showing genuine interest in their daily activities; for example, by displaying art work
- Continuing to read and expose your child to new experiences.

### DISCIPLINE

Discipline at this developmental stage involves balancing the child’s need for independence with his or her need for limits. You can foster independence by allowing children the opportunity to make choices that directly

involve them, such as what to wear or eat. Limit choices to two to three items. Use clearly stated limits along with consequences if rules are broken. Stay consistent and follow through on these consequences if rules are broken. Continue to use positive reinforcement and offer praise for a job well done. Reprimand in private to teach lessons without injuring self-esteem.

## **IMMUNIZATIONS**

Your child may be receiving immunizations at the 4-year visit, before entering school. Discuss with your physician which immunizations your child should receive and the potential side effects. To help with the possibility of some of the side effects, Tylenol® (acetaminophen) may be given every four to six hours over the next 24 to 48 hours. If you have any questions about your child's reaction to the vaccine, please talk with your health care provider.

## **SAFETY**

Safety, as always, remains incredibly important. The following points should help:

- Maintain close supervision, especially when your child rides his or her bicycle, plays near streets or swims
- Knowing how to swim does not make a child safe around water
- Your child should wear a helmet and appropriate padding and wrist guards when bicycling and rollerblading
- Lock up firearms, matches, poisons and electrical tools to keep them out of reach
- Instruct children not to accompany or accept food from strangers or accept touching that they do not like
- Some children at this age can learn their names, addresses and phone numbers for use in case they get lost
- Teach your child what to do in case of fire or emergency in the home.

SOURCE: American Academy of Pediatrics