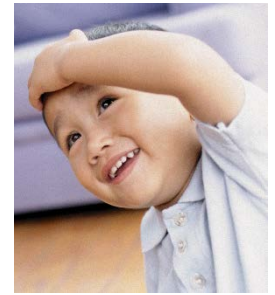


4 Year-Old Well Child Visit



At age 4, children begin to recognize emotion in others. They are very sensitive and are easily influenced by what people say or do to them. Lying and not taking responsibility is common during this period. They may take interest in media use, but this should be limited and monitored by you or your partner. They may show desire for privacy. Some children may identify themselves as a gender different than their assigned gender and may not conform to gender expectations.



Does your child...

Social Language and Self-Help

- Engage in well-developed imaginative play?
- Brush teeth?
- Dress and undress without much help?
- Enter the bathroom and have a bowel movement by him or herself?

Fine Motor

- Draw a person with at least 3 body parts?
- Unbutton and button medium-sized buttons?
- Grasp a pencil with thumb and fingers instead of fists?
- Draw a simple cross?

Verbal Language

- Speak in words that are 100% understandable to strangers?
- Answer questions like “What do you do when you are cold?” or “...when you are sleepy?”
- Follow simple rules when playing board or card games?
- Use 4-word sentences?
- Draw pictures you recognize?
- Tell you a story from a book?

Gross Motor

- Skip on 1 foot?
- Child on stairs, alternating feet, without support?

Key Topics for Discussion

- Living situation & food security
- Tobacco, alcohol & drugs
- Intimate partner violence
- Safety in the community
- Engagement in the community

Social
Determinants of
Health



- Language understanding & fluency
- Feelings
- Opportunities to socialize with other children
- Readiness for structured learning experiences

School Readiness



- Water, milk, & juice
- Nutritious foods
- Daily routines that promote health

Developing
Healthy
Nutrition &
Personal Habits



- Limits on use
- Promoting physical activity & safe play

Media Use



- Belt-positioning car booster seats
- Outdoor safety
- Water safety
- Sun protection
- Pets
- Firearm safety

Safety

