

# **4 Year Old**

**Developmental Milestones**

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# Developmental Milestones

## Year 4

- **Social/Emotional:**
  - ◆ enjoys doing new activities
  - ◆ is more and more creative with make-believe play
  - ◆ prefers to play with other children
  - ◆ cooperates with other children
  - ◆ may not know difference between what's real and what make-believe is
  - ◆ talks about what she likes and what she is interested in
  
- **Language/Communication:**
  - ◆ uses "he" or "she" correctly in a sentence
  - ◆ sings favorite song or says a poem from memory like: "ABC's"
  - ◆ tells stories
  - ◆ says first and last name
  
- **Cognitive:**
  - ◆ understands the idea of counting
  - ◆ remembers parts of a story
  - ◆ understands "same" and "different"
  - ◆ draws a person with 2 to 4 body parts
  - ◆ uses scissors under supervision
  - ◆ copies capital letters
  - ◆ plays simple board or card games
  - ◆ Interacts during story time
  
- **Physical:**
  - ◆ hops and stands on one foot up to 2 seconds
  - ◆ often catches a bouncing ball
  - ◆ pours liquids

# Developmental Milestones

## Year 4

- ❑ **Tell Your Health Care Provider If Your Child:**
  - ◆ has difficulty jumping in place
  - ◆ has trouble scribbling
  - ◆ shows no interest in interactive games or make-believe
  - ◆ ignores people outside the family
  - ◆ resists dressing, sleeping, and using the toilet
  - ◆ can't retell a favorite story
  - ◆ has difficulty following three part instructions
  - ◆ can't understand "same" and "different"
  - ◆ doesn't use "me" and "you" correctly

*\*Remember: All children grow and develop at their own pace.\**

# Feeding and Nutrition

- Set designated mealtimes for whole family-Turn off TV and other electronics
- Offer a rainbow of colors on the plate. Include many textures; plenty of fruits, vegetables, proteins, and dairy being mindful of choking hazards
- Decide when and where your mealtime happens and offer 2-3 healthful choices
- Allow child to choose which food and how much to eat
- Avoid sugary drinks - Good choices are water and milk
- 4 oz of 100% juice (no sugar or high fructose corn syrup added) per day can be a good choice
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve, this is a great way to tell if your child is getting adequate nutrition
- Limit foods that are high in fat, sugar and salt
- Offer three meals and three healthful snacks each day and strive to provide 5 servings of fruits and vegetables daily
- Include at least one hour of physical activity for a child daily, attempt to include the whole family in this routine
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition at <http://monteloresecc.org>

**\*Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child\***

## **5.2.1.0.**

**5 servings of fruits & veggies  
2 hours or less screen time  
1 hour or more exercise  
0 sugary drinks daily!**

# Well Child Check

## Year 4

- ❑ **Topics to discuss with your health care provider:**
  - ◆ the sensitivity of children at this age
  - ◆ how to model respectful and honest behavior
  - ◆ opportunities for child to be social with other peers
  - ◆ preschool or other early childhood learning environments
  - ◆ importance of everyday reading
  - ◆ communication with child
  - ◆ bedtime routine
  - ◆ oral hygiene
  - ◆ limiting television and promoting physical activity
  - ◆ child and family safety
  - ◆ any questions or concerns you have

# Recommended Immunizations

## Between 4-6 year of age:

- DTaP
- IPV
- MMR
- Influenza (yearly)
- For more information on Immunizations and the diseases that they protect us from go to the Center of Disease Control and Prevention website at:  
<http://www.cdc.gov/vaccines/parents/index.html>

# School Readiness

- Getting children prepared for kindergarten starts before birth with good prenatal care and habits
- As they grow the most important things to do are to read, talk and play with them daily
  - ◆ sharing these interactions builds brain power and important pre-reading skills
- Preparing your kids emotionally and socially for school is critical to learning success
- Children need to feel safe and loved to reach their full potential
- Academic skills are important, but can be added if the child is ready to learn, knows how to behave in a classroom setting, and can interact with other children and adults
- Preparation for school leads to learning success for years to come!

# **School Readiness**

## **Healthy Kids are Ready Kids!**

### **5 Ways to be Ready for**

#### **Kindergarten**

##### **Ready to Share and Care-**

Social/emotional skills are most important- children should:

- ◆ take turns
- ◆ try new things
- ◆ share
- ◆ control and express feelings
- ◆ independently use the bathroom
- ◆ dress and undress self
- ◆ clean up after self

##### **Ready to Learn and Listen-**

Teaching kids the “art of learning” is very important - children should:

- ◆ keep trying to master tasks when encouraged
- ◆ be building self-esteem
- ◆ be prepared to learn in the classroom
- ◆ have listening skills and follow directions

##### **Ready to Talk, Read and Write-**

Talking with and reading to children helps develop larger vocabularies, increased attention span and a desire to read more - children should:

- ◆ recognize letters
- ◆ write their own name

##### **Ready to Count and Experiment-**

Basic math and science skills, such as counting and curiosity, help prepare early learners - children should:

- ◆ explore the world around them
- ◆ ask questions
- ◆ know some numbers and count to 10

##### **Ready to Exercise and Eat-**

Exercise, healthy eating and getting enough sleep are critical for success in school - children should:

- ◆ follow Routines, especially bedtime and mealtime
- ◆ get 10 hours of sleep per night
- ◆ eat 5 servings of fruits and vegetables daily and eat healthful foods for good nutrition
- ◆ limit TV and game time to 2 hours or less daily
- ◆ get 1 hour or more of physical exercise daily
- ◆ drink only water and milk, and have 0 sugary drinks daily

*If your child is in the care of family, friends or neighbors during preschool years, or you are concerned about Kindergarten readiness contact the Montelores Early Childhood Council about opportunities and activities to help prepare you and your child for the transition*



# Safety for the 4 Year Old

- Until your child is 4 years old and AT LEAST 40 POUNDS use a forward facing car seat
- Once the child is over 40 pounds s/he may sit in a booster seat placed in back seat of the vehicle
- Always use the car's seat belt to secure the child in the booster seat
- Teach child about Stranger Danger and appropriate touch
- Teach your children about animal safety
- Always supervise children in or around water
- Popcorn, hot dogs, carrot sticks, grapes, cherries and any other food larger than a child's windpipe are choking hazards - Cut foods such as these into bite-sized pieces and have child sit to eat
- Consider taking a CPR class
- Secure all medicines, cleaning supplies, alcohol, and weapons in a locked cabinet
- Supervise your children outdoors and indoors AND speak to them about how to be safe