



# 4 Year Old Well Child Visit

Temp _____	Weight _____	Weight % _____
B/P _____	Height _____	Height % _____
HR _____		
Resp _____		

### Immunizations today:

**MMR; Varicella; IPV; DTaP; Hepatitis A (if not already given)  
Tb/Lead Questionnaire/Vision screen**

### DEVELOPMENT

By 4 years of age your child should begin to do some of the following:

- |                                  |                             |
|----------------------------------|-----------------------------|
| Sing songs                       | Hop                         |
| Alternate feet going down stairs | Able to put on some clothes |
| Know colors                      | Tell a story                |
| All speech understandable        | Throw a ball overhand       |
| Draw a person with 3 body parts  | Copy "plus" sign            |

### OTHER:

- Limit time in front of television and monitor what they are viewing
- Encourage interaction with other children around the same age
- Swimming lessons are appropriate under close supervision
- Use sun block for sun exposure.
- Set limits, enforce them consistently
- Time-outs are appropriate with maximum of 4 minutes "in time-out"
- Continue to encourage good eating habits, still recommend 16 oz of dairy intake per day
- Continue to maintain good dental hygiene habits
- Recommended that child visit the dentist annually

### SAFETY

- May move child to booster seat if they weigh more than 40 lbs and are at least 40 inches tall.
- Continue to child proof house, chemical and medication storage areas
- Never leave child unattended near pools, lakes, etc.
- Check smoke detectors
- Lock up fire arms and store unloaded
- Wear bicycle helmets when riding
- NO SMOKING

**Useful Websites and Numbers:**    [www.brightfutures.org](http://www.brightfutures.org)        [www.aap.org](http://www.aap.org)        [www.kidshealth.org](http://www.kidshealth.org)

**POISON CONTROL 06371-86-7070    486-7070**

**USAHC Stuttgart, Germany**

New Parent Support 07031-15-3340/3353  
WIC 07031-15-3351  
EDIS/Early Intervention 07031-15-2697/2547

Next scheduled visit is at **5 years**  
Call 430-8610 to schedule