

Wellness Guide at 4 Years Old

Today's Stats & Immunizations

Name: _____ Date: _____

Weight _____ / _____ % BMI (Body Mass Index) _____ / _____ %

Height _____ / _____ % Blood Pressure _____

Combination (DTaP-IPV) _____ Pro-Quad (MMR, Varicella) _____ Flu _____ Other: _____

Notes: _____

Follow-up Appt: _____

Next Well Child Appt: _____
(5 Years Old)

Next Immunizations:
*Kindergarten boosters (if not finished), Flu (annually),
COVID (as eligible)*

HELPFUL TIPS FOR THIS STAGE OF LIFE:

Development

- Your clever 4-year-old is getting good at negotiating. Try to find ways to let them choose within the scope of what you find is acceptable.
- Help them problem solve by providing just enough guidance so that your child may be able to make a choice and learn to problem solve on their own. Be ready to observe, describe the situation ("the milk has spilled"), or provide simple information ("the wipe-up sponge is near the sink") before reacting or taking charge.
- You may also be noticing more creative play and imagination. This can even reveal itself in the expression of fears, as your child may not be able to tell the difference between what is real and what is make-believe. Avoid triggers such as scary books, videos, or games and provide reassurance by acting calm, loving, and accepting of these fears.
- Have fun being curious with them. When they ask one of their many questions, take time to wonder about it with them or ask what they think the answer might be.
- Some of your child's other skills include running, jumping, climbing, balancing on one foot, learning how to get dressed, naming colors, learning to count, remembering parts of stories/songs/rhymes, and knowing their first and last name.
- As friendships develop, your child may start to solve more conflicts on their own. Continue to help describe feelings.
- Look for ways to learn letters together. Using scissors, drawing, and writing help to develop your child's fine motor skills. Modifying games so that they do not have a "loser" may be easier for them to handle and enjoy. When reading together, ask what has happened or what might happen next.
- Your child understands the ideas of "same" and "different" and can categorize not only objects, but people. Think about the gender or ethnic labels they might be exposed to and consider discussing the value of being "different".
- Be ready to discuss "private parts," in an age appropriate way, as your child is very likely to be looking, touching, and asking about theirs. Let your child know that no one should ask to see/touch their private parts, and no adult should ask for help with their private parts. Teach them to tell a trusted adult if someone asks them to disobey their parents, do something without permission, keep a secret, or makes them feel uncomfortable in any way.
- It is normal for night wetting to still occur even if your child is dry during the day.
- Face-to-face interaction with caregivers will enhance your child's social and verbal development.

Digital Media Plan & Safety

- Limit screen time to 1 hour a day of high-quality programs. Bedtime and mealtime should be electronic-free zones.
- Do not allow screens in children's bedrooms.
- Visit the AAP website to create a [Family Media Plan](#).
- Review with your child that it is never OK to give personal information online unless they have parental approval.
- Consider a break from screen time if your child struggles to transition off of screens.

Important Resources

- **Suicide and Crisis Lifeline:** 988
- **Poison Control Center:** (800) 222-1222

Overseas Travel

If you will be traveling with your family overseas, talk with your doctor about travel questions, or you can request an online pre-travel health consultation through our [eTravel Clinic](#).

Safety

- Drowning is a leading cause of accidental death in this age group. Continue constant supervision around water.
- Consider swim lessons.
- Wear helmets when using bikes/tricycles/scooters/skis.
- Discuss and model street safety, animal safety, and safety around strangers.
- Secure heavy furniture to the wall.
- Your child is safest in the back seat of the car and may be ready for a booster seat if they have outgrown the car seat (~40in/40lbs).
- Be cautious about open windows and furniture near windows that can lead to falls.
- Keep household cleaners, vitamins, and medicines out of reach.
- Use sunscreen (SPF 30 or higher).
- Never leave your child alone in the car or at home.
- Keep sharp objects, small objects, small magnets, batteries, balloons, and plastic bags out of reach.
- Verify that smoke alarms are working properly and avoid smoke exposure.
- Remove/lock up guns. Children should learn that if they see a gun they should: Stop - Never touch it - Leave the area - Tell an adult immediately.
- Lock away cigarettes, lighters, alcohol, marijuana, and vaping devices.

Family Well-being

- There is a direct connection between how kids feel and how they behave. If you and your child have been busy or apart (such as with work or preschool), it can help to spend time together reconnecting by reading, resting, cuddling, or even sharing a favorite activity together.
- If you want to talk about your child's day, they may be more relaxed if you do not overwhelm them with questions and you patiently/attentively listen. ("Tell me more about that.") When you show you enjoy listening, your child feels loved and appreciated.

Health

- Try to eat family meals together at home, and offer a variety of healthy foods the family eats, including one your child likes. They have a better chance to eat in a healthy way if you eat healthy foods too. Include fresh vegetables and fruits, lean meats/proteins, and whole grains.
- Offer 1% or non-fat milk. Limit juice. Limit foods/beverages with added sugars. Limit processed foods. Avoid sugar sweetened beverages and snacks.
- Brush teeth with a pea-sized amount of fluoride toothpaste on a soft toothbrush 2 times a day. Floss. Make a dentist appointment.
- Encourage daily physical activity for the whole family. We recommend 60 minutes of exercise every day.

Acetaminophen (Tylenol) Dose Table			
May repeat every 4 hours.			
Child's Weight (pounds)	24-35 lbs	36-47 lbs	48-59 lbs
Child's Weight (kilograms)	11-15.9 kg	16-20.9 kg	21-26.5 kg
Liquid 160 mg/ 5 milliliters (mL)	5 mL	7.5 mL	10 mL
Liquid 160 mg/ 1 teaspoon (tsp)	1 tsp	1½ tsp	2 tsp
Chewable 160 mg tablets	1 tab	1½ tabs	2 tabs

Ibuprofen (Motrin, Advil) Dose Table			
Do not use in infants under 6 months of age. May repeat every 6 hours.			
Child's Weight (pounds)	24-35 lbs	36-47 lbs	48-59 lbs
Child's Weight (kilograms)	11-15.9 kg	16-20.9 kg	21-26.5 kg
Liquid 100 mg/ 5 milliliters (mL)	5 mL	7.5 mL	10 mL
Liquid 100 mg/ 1 teaspoon (tsp)	1 tsp	1½ tsp	2 tsp
Chewable 100 mg tablets	1 tab	1½ tabs	2 tabs
Junior-strength 100 mg tablets			2 tabs

Questions or concerns?



Schedule your next visit on our website.
[AllegroPediatrics.com](https://www.allegropediatrics.com)



A nurse is available 24 hours a day.
 (425) 827-4600



We have clinics open 7 days a week.