

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

4 Year Well Visit

What your child may be doing now:

- Sing songs
- Know his or her first and last name
- Hop on one foot
- Draw a person with 3 body parts
- Know letters and numbers

Diet:

- Offer your child 2 cups milk/day, and no more than one cup of juice
- Feed your child 3 meals daily plus snacks. Try to have meals as a family
- Offer a variety of healthy foods every day- even if your child does not like something the first time, keep trying! Avoid pressuring children to “clean their plates,” and do not use food as a reward.
- Balanced eating: fruits at least 2-3 times/day, vegetables at lunch, dinner and as snacks, lots of grains, and protein foods twice daily
- Limit junk food.
- Give a multivitamin daily. If you do not have fluoride in your water, ask your doctor for a fluoride prescription

Parenting:

- Brush and floss teeth every day. See the dentist every 6 months
- Use time-outs when necessary for discipline, trying to avoid yelling or spanking.
- Praise good behavior.
- Try to limit TV to no more than one hour per day. Many studies link increased TV viewing to obesity.
- Read books to your child.
- Encourage your child to play actively for at least 30-60 minutes/day

Safety:

- Use a booster seat for every ride.
- Be sure to have smoke detectors in your home
- Talk to your child about stranger safety and street safety
- Use sun block whenever you are out.
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

When to call the office:

- Most preschoolers get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. We do not recommend the use of over-the-counter cold medicines for young children. Call our office if your child is acting very sluggish or irritable, has trouble breathing, has fever over 102°F for more than 2 days, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines at this visit:

- The AAP and CDC recommend a yearly [Flu shot](#) for all children.

Web Resources

- [Picky eating](#)
- [Stranger safety](#)
- [Sleep and preschoolers](#)
- [Communication and your 4 yr old](#)