

# FOUR YEAR VISIT

## BEHAVIOR

- Children are very sensitive, easily encouraged or hurt; model respectful behavior and apologize if wrong
- Provide opportunities to play with other children
- Consider structured learning (preschool, community programs), visit parks, museums, libraries
- Reading is important to help child like reading and be ready for school
- Create calm bedtime ritual, mealtimes without TV, tooth brushing twice a day
- Limit TV and video to 1-2 hours a day; no TV in bedroom; watch programs together and discuss
- Be physically active as a family
- Expect curiosity about the body; use correct terms, answer questions
- Teach your child rules for how to be safe with adults, using 3 principles: 1) no adult should tell a child to keep secrets from parents, 2) no adult should express interest in private parts, 3) no adult should ask a child for help with his/her private parts

## SAFETY

- Use a forward-facing car safety seat installed in back seat until child reaches highest weight or height allowed by manufacturer of forward-facing seat with harness. Then switch to belt-positioning booster seat
- Supervise all outdoor play, never leave child alone outside; do not allow child to cross street alone
- Remove guns from home; if gun necessary, store unloaded and locked, with ammunition locked separately. Ask if guns are in homes where child plays

## DEVELOPMENT

- Describes features of self, engages in fantasy play
- Gives first/last name, most speech clearly understandable
- Names 4 colors, draws a person with 3 parts
- Hops on one foot, copies a cross, balances on one foot
- Brushes own teeth, dresses self