

4 YEAR VISIT

Nutrition

- Offer low fat cow's milk
- Avoid juice and drinks/foods with added sugars
- Avoid junk food or fast food
- Establish healthy eating habits and always give healthy snacks
- Offer fruits and vegetables and encourage physical activity
- Use appropriate portion sizes for age
- Make sure your toddler sits at the table when eating and have scheduled family meal times
- Allow your child to self regulate – as long as they are growing, they are fine

Sleep

- Most toddlers sleep around 8-10 hours at night, and may take 1 nap (1-3 hours total)
- Nighttime bed wetting is still normal at this age – use a diaper or pull up
- Read to your child every night

Dental Health

- Brush your child's teeth twice a day with a soft toothbrush and a small amount of regular toothpaste
- Make sure you brush teeth before bedtime
- Toddlers can brush their own teeth when they can tie their own shoes
- A toddler should see a dentist every 6 months

Safety

- Your child should be in the backseat in a forward facing car seat or in a high back booster seat with a 5 point harness
- Lock chemicals, medications and firearms in a high cabinet
- Supervise toddlers near cars and in the street and always use a helmet when on a scooter or bike/tricycle
- Poison Control # (1-800-222-1222)
- Always have an adult supervising when near water or swimming pools
- Use insect repellent (10-25% DEET or picaridin) & sunscreen (SPF >30) and sun protective clothing/hats
- Teach your child not to talk to strangers and to not allow themselves to be touched inappropriately

Promoting Development

- Your child should be fully potty trained and dress themselves without much help
- Talk to your child about their day and their activities and encourage questions and imaginative play
- Draw, play games and read stories
- Limit screen time to < 1-2hrs per day
- Teach your child that negative behaviors have consequences and use words to name emotions and feelings to help self expression
- Praise your child for making safe decisions or showing good behaviors
- Enroll your child in a preK or preschool/Head Start program and consider sports or swimming lessons

Vaccines

- IPV, DTaP, MMR, Varicella

***Next Visit: 5 years old for well child visit**