



4-YEAR DEVELOPMENT QUESTIONS

1. Is your child's speech mostly understandable?
2. Does your child tell stories, sing songs, and do imaginative play?
3. Has your child learned some letters, colors, and to count to 10?
4. Can your child throw a ball overhand and hop on one foot?
5. Can your child walk up and down steps, alternating their feet?
6. Does your child play well with other children?
7. Does your child know his or her first and last name?
8. Can your child cut and paste paper?
9. Can your child ride a tricycle or a bicycle with training wheels?

LEAD EXPOSURE QUESTIONS

1. Does your child live in or regularly visit a house built before 1978 with peeling or chipping paint?
2. Does your child live in or regularly visit a house built before 1978 with recent or ongoing remodeling?
3. Does your child have a brother, sister, housemate, or playmate who has had lead poisoning?
4. Does your child live with an adult whose job or hobby involves exposure to lead (such as plumbing, furniture refinishing, pottery, or auto repair)?

TUBERCULOSIS QUESTIONS

1. Has your child been exposed to a person with known or suspected tuberculosis?
2. Has your child lived in a high-risk area such as Asia, Africa, the Middle East, or Latin America?
3. Does your child have contact with a person who regularly visits a high-TB-risk country?
4. Does your child have contact with institutionalized persons, HIV-infected people, or drug users?

NUTRITION

Your child should always be a part of the family at mealtimes. This should be a pleasant time for the family, and include everyone in the conversation. Since many children are picky eaters at this age, give small portions of food to your child at first. If he's still hungry, let him have seconds. Offer your child healthy foods, and let him decide how much he wants to eat. Don't give them junk food "just so he'll have *something* to eat."

DENTAL CARE

Brushing after meals, at least twice a day, will help your child build good dental habits. At this age, cleaning teeth with a soft-bristled toothbrush is all that's necessary. By now, children should be having routine dental checkups, every 6 months.

DEVELOPMENT & DISCIPLINE

Four-year-olds are old enough to learn basic chores, such as helping to set and clean up the table, pick up their clothes, etc. Praise your child when she does a good job.

Provide appropriate and clearly stated limits, along with an explanation of the consequences if rules are broken. Supervise and ensure that the rules are followed. Nagging and meaningless threats are ineffective. Follow through with previously stated consequences when rules are broken. Making children stand in a corner by themselves or going to "time out" for 4 minutes is usually an effective punishment. While your child needs limits, she also needs some independence. Establish a balance that focuses on the important rules and gives your child room to grow. Always remember that praising good behavior is a powerful tool.

Continue to encourage physical activity. Take exploratory walks, outings to new places, and shopping trips. Limit TV viewing. Children at this age can play cards, marbles, and board games. Children also become more cooperative in their play with other children.

TOILET TRAINING

By age 4, 95% of children are bowel trained, 90% are dry during the daytime, and 70-75% are dry at night. By maintaining established bedtime routines and continuing to support them, most children will outgrow nighttime wetting by 6-10 years of age.

SCHOOL READINESS

Before starting kindergarten, children should learn a few tasks. Some four-year-olds can learn their full name, home address, and telephone number. At this age, children should get along with other children, and should start separating a little more easily from their parents.

SAFETY TIPS

Prevent Fires and Burns

- Check your smoke and CO detectors (replace the batteries if necessary) and practice a fire escape plan.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.

SAFETY TIPS (cont.)

- Keep all electrical appliances out of the bathroom.
- Use the back burners on the stove, with pan handles out of reach.
- Turn your water heater down to 120 degrees F.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30.

Prevent Drowning

Your child should be continuously supervised by a responsible adult when in or around water.

Prevent Poisonings

Keep medicines, vitamins, cleaning supplies, and gardening chemicals locked away. Install safety latches on cabinets. Keep the **Poison Control Center** phone number, **412-681-6669**, on all phones.

Firearm Safety

Keep guns locked, unloaded, and ammunition stored separately.

Passive Smoke Exposure

We also caution against passive smoke exposure of any kind. Our recommendation for the health of your baby is no smoking. The more smoke your child is exposed to, the higher her chance of developing more colds, lung infections, ear infections, allergies, asthma problems, and cancer. The best thing for your child's health is for you not to smoke at all. Even if you don't smoke near your child, chemicals from smoking stay with you on your clothes and on your body. If you must smoke, smoke outside the house, never inside or in the car. Even if your child is in another room or not in the car at the moment, he will still be exposed to lingering harmful chemicals later.

Avoid Dangerous Cuts and Injuries

Don't allow your child to be near knives, power tools, or lawn mowers. Have guards on windows, or keep them locked; window screens will *not* prevent a child from falling out the window. And again: never underestimate your child's ability to climb!

Vehicle Safety

Pennsylvania state law states that children *must* be secured in a seat-belt system and an appropriately fitting child booster seat until at least their 8th birthday or 4'9" in height. Everyone in the car should always be restrained

in some manner. For more advice and information, you can call the Pennsylvania car seat question line phone number at 1-800-CAR-BELT.

Stranger Safety

Teach your child the first and last names of family members, and never to go anywhere with a stranger. Teach your child never to go anywhere with a stranger, never to accept food from strangers, and never to accept touching he doesn't like. Teach your child to be careful around strange dogs, and not to bother any dog while the animal is eating.

Bike Helmet Safety

Don't let your child ride a tricycle or other riding toys near traffic. Always have your child wear a bicycle helmet -- even while riding a tricycle. Because it's too early to expect a child to look both ways before crossing the street, you should supervise all street crossings.

WALK-IN HOURS

We now offer no-appointment necessary Walk-In Hours, at all offices:

Weekday Mornings, 8:15 to 9:30am at Pleasant Hills and Squirrel Hill/Greenfield

Weekday Evenings, 6:30pm to 8:00pm M/T/W at Pleasant Hills. M/Th at Squirrel Hill/Greenfield.

All Day, Every Week Day at Cranberry/Seven Fields

These hours are to address routine health problems such as sore throat, cold symptoms, fever, rash, and ear pain. They are not designed to evaluate chronic problems. If your child is older than 4 months and has had symptoms fewer than 3 days, you can be seen on a first-come, first-served basis.

QUESTIONS & CONCERNS

If you feel you need additional advice between regular check-ups, you can post questions to our Facebook page or telephone us during office hours. Facebook, where we answer questions sometimes as quickly as in a few minutes, is a great place to ask about general, non-pressing issues. For more detailed and pressing health issues, it's best to call. Either way, we're always happy to provide counseling and guidance. (It's both our job and our pleasure!)

When calling after office hours, your call will be answered by an answering machine. If you have a concern that can't wait for regular office hours, please leave your name, your child's name (with spelling), and your phone number, and we'll return your call usually within an hour or so. If you have an emergency that requires an ambulance or paramedics, call 911 *first*. If you have an emergency that can't wait for a call back and need to have the doctor urgently paged (such as seizures, respiratory illness with labored breathing, suspected dehydration, or similar conditions), the recorded message will give you the answering service's phone number, and they can reach the doctor on call for the emergency.

AND REMEMBER...

We have a wonderful, 24/7/365 resource for parents at our **Kids Plus Facebook Page**. Like us on Facebook, and follow along with our great Kids Plus Social Media Community!

We look forward to seeing you at your 5-Year Well Visit!

