

AT FOUR YEARS OF AGE

Height _____ Weight _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

❖ **Playing a memory game** – Put some small toys or household items into a bag. While your child is watching, take three or four items from the bag. Put them on the table and ask your child to name them. Tell your child to close his or her eyes. Then take one item away and ask your child to tell you which one is missing.

❖ **Understanding concepts** – Use daily activities to understand in and out (of the grocery cart), high and low (on shelves), four corners (sheets), dirty and clean (sorting clothes).

Read to your child. Sing with your child.

Developing control of small muscles and solving problems:

Gardening – Have your child plant seeds (such as bean seeds) in an egg carton, in a half of a milk carton, or in an outside garden. Help your child water the seeds and watch together each day to see how they grow. Talk about how plants, animals and children grow..

Using the idea of whole and half – Cut out shapes such as a circle, a square, or a house. Then cut the shapes in half. Show your child how to put the two pieces together to make a whole.

Cutting – Show your child how to use safety scissors. Give him or her large pictures to practice cutting out.

Vaccines given today:

DtaP
Hib
Polio
Prevnar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Your child enjoys helping you and wants to please you:

Give your child jobs to do:

- ❖ Helping to set the table
- ❖ Helping sort and pick up toys.
- ❖ Helping put clothes in the dryer or dirty clothes hamper.

Discipline

-Your child is learning that he cannot have what he wants all of the time.

-REPEAT YOURSELF OVER AND OVER.

Continue to tell your child, and show your child, what you would like him to do.

-Remember, your child likes to please you. Praise your child when he does what you want him to do.

At 4 years of age your child may :

- ❖ Ride a tricycle
- ❖ Write with a pen. Color with crayons.
- ❖ Share and take turns sometimes.
- ❖ Like to play "make believe" games.
- ❖ Ask questions.
- ❖ Still cry and sometime may hit others.

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

Cordes, Patranella & Winkler, PA

P. Patranella, M.D.,
A.. Winkler, M.D.,
P. Gallagher, M.D.,
K.. Cross, M.D.,
J. Johnson, M.D.,
S. Smith, M.D.
2855 5th Avenue North
St. Petersburg, FL 33713
727 323-2727
fax 727 327-8101