Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

4 Year Old Well Visit

Growth & Development Milestones

- ✓ Hops on one foot
- ✓ Balances on one foot for 2 seconds
- ✓ Copies a cross
- ✓ Draws a person with 8 parts
- ✓ Gives first and last name
- ✓ Language is clearly understandable
- ✓ Knows 4 colors
- ✓ Listens to stories, predicts what will happen next
- ✓ Make-believe play
- ✓ Plays card/board games
- ✓ Brushes teeth/dresses self
- ✓ Time to consider preschool or kindergarten readiness programs

Personal Health & Wellness

- ✓ Offer wide variety of foods
- ✓ Encourage 2-3 servings of dairy daily for bone growth
- ✓ Avoid juices or limit to 4 ounces per day
- ✓ Limit junk foods and soda pop
- ✓ Encourage at least 1 hour of physical activity daily
- ✓ Limit screen time to less than 2 hours per day
- ✓ Keep playtime spontaneous and start introducing some structured activities like tag and hopscotch
- ✓ Brush twice a day with pea-sized amount of toothpaste and supervised

Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water
- ✓ Teach your child water safety and consider enrolling in swimming lessons.

Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important
- ✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime
- ✓ Children require a tobacco free environment at all times
- ✓ Don't forget sunscreen!
- ✓ **Booster until 49 inches**!
- ✓ **Wear helmets** while riding tricycles, bicycles, scooters, skateboards or roller blades
- ✓ **Reinforce stranger safety!**

For more information on normal growth and development:

http://www.bloomfieldpediatriccare.com/normal-development/normal-development-4-years-old/

Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

http://www.bloomfieldpediatriccare.com/pediatric-health-topics/

Office Hours:

Monday – Friday	9:00 am to 5:00 pm
Saturday (Sept – May)	9:00 am to 12:00pm
Phone Number	**(248) 451-0600**
Answering Service	**(248) 858-6888**

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; www.seatcheck.org

Beaumont Pediatric After Hours Clinic

Royal Oak	**Troy**
(248) 551-0222	(248) 964-2888