



FOUR YEAR VISIT Anticipatory Guidance

Safety

- Use a forward-facing car seat or switch to a belt-positioning booster seat when your child reaches the weight or height limit for her car safety seat, her shoulders are above the top harness slots, or her ears come to the top of the car seat. Read more about car seat safety at [healthychildren.org](https://www.healthychildren.org) and the [CDC](https://www.cdc.gov).
- The back seat is the safest place for children to ride until they are 13 years old.
- Make sure your child knows how to swim. Be sure swimming pools are fenced.
- When you go outside, put a hat on your child, have her wear sun protection clothing, and apply sunscreen. Limit time outside when the sun is strongest (11am-3pm).
- If you have a gun in your home, store it unloaded and locked with the ammunition locked separately.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

Privacy

- Teach your child the correct terms for all body parts as your child becomes interested in how boys and girls differ.
- No adult should ask a child to keep secrets from parents.
- No adult should ask to see a child's private parts.
- No adult should ask a child for help with the adult's own private parts.

Getting Ready for School

- Give your child plenty of time to finish sentences.
- Read books together each day and ask your child questions about the stories.
- Take your child to the library and let her choose books.
- Listen to and treat your child with respect. Insist that others do so as well.
- Model saying you're sorry and help your child to do so if he hurts someone's feelings.
- Praise your child for being kind to others
- Help your child express her feelings.
- Give your child the chance to play with others often.
- Visit your child's preschool or child care program. Get involved when you can.
- Ask your child to tell you about her day, friends, and activities.

Healthy Habits

- Give your child two to three servings of dairy each day.
- Juice is not necessary. If you choose to serve juice, give no more than 4 oz a day of 100% fruit juice and always serve it with a meal.
- Offer a variety of healthy foods and snacks, especially vegetables, fruits, and lean protein.
- Let your child decide how much to eat.
- Have relaxed family meals without TV.
- Create a calm bedtime routine.

- Have your child brush her teeth twice per day. Use a pea-sized amount of fluoride toothpaste.
- Be active together as a family.
- Limit TV, tablet, or smartphone time to no more than 1 hour of high-quality programs each day.
- Discuss the programs you watch together as a family.
- Don't put a TV, computer, tablet, or phone in your child's bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

Next Well Check: 5 years of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next year with your child.