

Things to Keep in Mind:

- Continue to set firm rules for behavior.
- Keep matches, poisons and guns locked up and out of reach.
- Teach your child safety rules regarding strangers, swimming pools, lakes and ponds.
- Reinforce limits and continue to use “time-out” for discipline.
- Eat meals as a family; provide healthy choices for meals and snacks.
- Expect normal curiosity about body parts and answer questions.
- Provide opportunities to play with other children.
- Model how to resolve conflict and handle anger without violence.

Things to Keep in Mind, continued:

- Listen to your child; show respect and interest in their activities.
- Consider preschool or Head Start.
- Teach family rules, respect for authority and right from wrong.
- Praise your child for showing sensitivity to the feeling of others.
- Explore arrangements for after school care.
- To keep your child safe, make sure they always use a booster seat or seat belt in the car, and wear a helmet when riding a bicycle or roller skating.

AT 4
YEARS



TO CONTACT YOUR
MEDICAL HOME:



Community Care
OF NORTH CAROLINA



ADAPTED FROM AAP BRIGHT FUTURES 2004. UPDATED
2008 & 2013 | Reviewed 2015

4 YEAR VISIT

Weight _____ Height _____

Today's Visit

- You and your provider will have an opportunity to talk about your child's growth and development; your provider will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision, hearing and blood pressure will be checked.
- You will be asked about your family's history of heart disease.
- Your child may receive one or more immunizations.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- Your child's interest in playing with other children and making friends.
- Your child's growing sense of independence.

Things you may want to discuss, continued:

- How things are going at your child's preschool or child care program.
- Your child's ability to understand and follow some specific rules.
- Changes in your family since your last visit.
- Some things your child can do now that they couldn't do at the last visit.

Next Visit

What to expect:

- Your child will have a physical examination.
- You will fill in a questionnaire about your child's development.
- Your child's vision, hearing and blood pressure will be checked.
- A Kindergarten Health Assessment will be completed for your child.

How to prepare for your next visit:

- Share what you have learned at today's visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Note changes in your child's eating and sleeping and social behaviors.
- Talk to your child's other caregivers and family members about issues they might want you to raise with the doctor.
- Don't forget to bring your child's immunization record for us to update and your Medicaid/insurance card.
- Fill out and bring in any school health forms for the provider to complete.