

# 4 YEARS



My photo  
at 4 years.

## HELP ME BE HEALTHY...

### *At this checkup:*

- I will be weighed and measured.
- I will be checked all over.
- I may have a vision test to see how well I see.
- Ask if there are immunizations I need now. I may have several. I will be required to have some immunizations before I go to kindergarten.
- You may be asked to complete an "Ages and Stages Questionnaire" to help determine if there are any developmental concerns.

**Notice what I am able to do.** If you think I am clumsy and fall a lot, if I do not talk or play with others, or if I do not enjoy moving around, you might want to talk to my doctor about this and have me checked. Call for an appointment now!

## PLAY WITH ME. IT HELPS ME LEARN!

- Let me use play dough. I like to make it into shapes, cut it with cookie cutters and roll it.
- Let me tear or cut paper and paste these pieces onto another piece of paper.
- Let me tell you the stories from my favorite books.
- Play listening and guessing games with me. Make the sounds of different animals and let me guess the animal. Another guessing game is to find something that I can see, describe it for me and let me tell you what you described.
- Let me trace in the sand or do a finger painting.
- Let me help make and serve our snacks and meals.
- Take me to the zoo, library and other places that have special events just for children my age.
- Let me help you do things around the house so I can learn how to be a helpful family member.
- Make an obstacle course with boxes, chairs and tables. Let me find my way around all of these things.
- Let me be involved in activities where other adults give the directions. I need to listen to and trust other adults as well.

## HELP ME AS I GROW...

**Register me for kindergarten.** Call a school near where we live. Ask when and how I can be registered for kindergarten.

**Balance screen time with other activities.** One hour a day of screen time is really enough, whether it is a movie, television program, video or computer game, on a tablet, etc. I should be active and learning how to do things, not in front of a screen all day. The programs and movies that I watch should help me learn. Do not let me watch shows that might upset or frighten me.

## WATCH FOR ME TO...

- Put on my t-shirt by myself.
- Tell you the names of my friends.
- Wash my hands with soap, rinse them and dry them with a towel.
- Use a normal tone of voice.
- Ask you many questions.
- Copy a line that goes up and down on my paper after you show me how to do it on your paper.
- Copy a picture of a circle.
- Tell you what I need if I am cold, tired or hungry.
- Tell you how I use something when you ask me to talk about something I use almost every day. For example, "What do you do with a fork?"
- Point to a picture of something that you are describing to me. For example, "Which one says meow?" or "Show me what flies."
- Stand on one foot for a few seconds.
- Jump forward with my feet together.

## HELP ME BE SAFE...

**Teach me to be very careful in a garage.** Our garage may be safe; however, other people may store insecticides, paints, equipment and other things that are dangerous to me. Explain to me that garage door openers are not toys and that I am not to play with a garage door.

**Practice crossing the street and walking through parking lots with me.** I am short. People cannot see me in their rearview mirror when they are backing up. I need to be by your side, holding onto your hand or your clothes.

**When I start to ride a bicycle, make sure that I wear a helmet.**

**Even though I am older, I still need to be watched and cannot be left alone.**

**Help me learn my first and last name...** and the first and last name of my mommy and daddy. If we ever get separated in public, I can help you find me.

**I should still be restrained in a car seat or booster seat every time I ride in a vehicle.** Visit [www.kansasboosterseat.org](http://www.kansasboosterseat.org) for car seat and booster seat guidelines and safety tips.

## HOW I AM GROWING...

My Length: \_\_\_\_\_

My Weight: \_\_\_\_\_

Sleeping Habits: \_\_\_\_\_

New Skills & Talents: \_\_\_\_\_

\_\_\_\_\_

Favorite Things & Activities: \_\_\_\_\_

\_\_\_\_\_

## I AM ALWAYS LEARNING & TRYING...

I will learn some things quicker than others. If you have questions about what I can and cannot do, talk to my doctor, nurse or teacher.

You may notice that I also:

- Know several colors.
- Use sentences with four or five words most of the time.
- Brush my teeth.
- Take care of myself at the toilet.
- Play with other children.