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# PEDIATRIC HEALTH CARE

**FOUR YEAR EXAM**

**WEIGHT:**_____LBS._____OZ. **LENGTH:**_____IN.
_____% _____%

**FEEDING:** Your child should be good company at meal time now. They are ready to learn basic table manners, like proper use of a fork and spoon, not talking with his mouth full, and not reaching across another person's plate. Talk about healthy eating and what good food does for the body. Allow him/her some choices, but keep them healthy.

**DEVELOPMENT:** Your child may be learning to ride a bike with training wheels (make sure he/she has a helmet) and stand/hop on 1 foot. Many are tracing letters and writing them independently. He/she should be practicing writing their name. Four-year-olds can draw a face with at least 4 features, play connect-the-dots, and sort objects by shapes and colors.

**SCHOOL READINESS:**
Many of you are giving thought to the future….and that means kindergarten. At this age, most parents have had their child in preschool or are doing some preschool preparation. Work on writing letters, both capital and small. Work on sight words. Prepare some flash cards with 2-4 letter words, like "to", "from", "and", and "the". The more they have memorized, the easier and more confident they will be for learning in kindergarten.
Encourage that your child has some social outlet, like playtime with neighbors or a playgroup. Give them projects to work on, especially ones that teach the use of scissors, glue, folding, and drawing. Teach them sharing and taking turns in games.
If you are uncertain about whether or not your child is ready for kindergarten, talk to his/her preschool teacher about how they are progressing. If you still have questions, you may contact us with any concerns you may have.

**IMMUNIZATIONS:**
DTaP #5, IPV #4, Proquad (MMR#2 and Varicella#2).

**HEMOGLOBIN LEVEL TODAY**

**NEXT VISIT:**
See you at 5 years of age.

Music is comforting and calming. It can also be used to boost mood and energy. Enjoy some of your favorite music with your child or use it as a positive reward for good behavior.
Did you know music also helps memory? Help them memorize ABCs, words, household tasks by setting them to music. Don't worry if you have to make a song up, those are usually the best kind.