

**Best Kids Care
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My Height is _____ %

Children's Tylenol _____ ml/tsp

My Weight is _____ %

Vitamins: any chewable

4 YEAR OLD TODDLER

MOTOR:

Hops on one foot. Throws ball over hand. Uses scissors to cut out pictures. Climbs well.

FINE MOTOR:

Can copy a square and a cross. Draws a man with 2-4 parts besides head. Can point to the longer of two lines. Imitates construction of a "gate" of 5 cubes.

LANGUAGE:

Able to speak full sentences and is totally understandable to a stranger. Tells a story. Can count 4 pennies accurately.

SOCIAL:

Plays with several children with beginning of social interaction. Likes to play roles like of a teacher or parent Goes to toilet alone.

HANDEDNESS:

Is usually established by the third year. It is a normal variance of development and should not be attempted to be changed. At this time the kid can jump, gallop, tiptoes and run smoothly and at higher risk of injury. Make sure the home is child proofed correctly. All electrical sockets should be covered. There should be no cleaning supplies or medicines at their reach. There should be constant supervision. They should be stressed to wear their helmets when they ride their tricycle.

THE APPETITE:

Is still low and picky though it may be a little better than before. Their menu is still 4-5 items but now they can be persuaded to try new foods. They still eat good one day and then be picky for the next 2-3 days. As long as they are gaining weight and following their growth curve they should not be pressured. By attempting to control their intake only results in under or overeating.

VITAMINS:

Poly-vi-sol or chewable vitamins

HOWTO PROMOTE DEVELOPMENT:

The kid should have a regular time everyday for reading. Should be asked simple questions during reading like "what is this?" or "what color is the balloon?". Repetitions, active participation and positive feedback like praise or stickers are ideal for language learning. Play with other kids. A 4 year old will like to play with rules and may want to change the rules according to the desire of the players. Encourage sharing. Drawing and painting and other artistic activities will help promote their imaginations.

IMAGINATION:

A 4 year old can create scenarios that can only be imagined like a trip to the moon, may have imaginary friends. Their imaginative powers can also create intense fears like monsters, unable to think in a rational way so usually may not calm down by showing that there are no monsters in the closet. Try to reassure them by telling your "great power" (eg. monster spray or magical tape) will protect them, this magical thinking appeals to child more.

BEHAVIOR:

It is still sometimes hard to understand the child, will show dependency and independence at the same time like wants mommy (dependent) to put toy in the top drawer (place of child's choice). Shifts between child angelic joy and uncontrollable rage may make you lose patience or hurt yourself confidence. It is perfectly normal to feel anger, guilt, and confusion sometimes as preschool children are sometimes very challenging. Make sure that you are firm in setting limits and don't give away to child tantrums. There are times when child needs to hear "no" and you may ignore the crying. Teach child to wait at times for a few minutes. Do not protect child from normal life challenges but always be available and supportive. Hold, cuddle and let your child knows your love him/her. All care takers should follow the same rules. Curiosity and masturbation about genitalia is normal at this age. Ignore it and try to distract them. Do not scold them. Modesty appears more around 5-6 years of age.