



Forms:

Complete and print them for your upcoming appointment:
[Tuberculosis Screening](#)

Vaccines:

We recommend the following vaccines:

[DtaP](#)

[IPV](#)

[Proquad \(combination\):](#)

[MMR](#)

[Varicella](#)

Tests Recommended:

We routinely recommend the following at this age:

[Vision Screen](#)

4 YEARS OLD

FAQ

Should I be concerned that my child stutters?

As children develop speech and language skills, they often experience normal disfluencies such as repetitions of whole words, and false starts and revisions in sentences. Most children outgrow stuttering. Indications for speech evaluation include stuttering for more than 6 months and no improvement during this time. Referral may be appropriate if the parent describes the child as struggling to get words out and showing signs of distress about difficulties with speaking.

My child is very sensitive and has his feelings easily hurt. Should I be concerned and how do I comfort him?

At 4 years of age, children are very sensitive. They wear their feelings on their sleeves and are easily encouraged or hurt by what people say or do to them. Model apologizing if you are wrong or have hurt someone's feelings. Help your child apologize for hurting others' feelings, too. Praise her when she demonstrates sensitivity to the feelings of others.

Age Appropriate Information

School Readiness:

- Read interactively with your child. Reading with your child is important to help her like reading and be ready for school.
- As your child shows interest in words, engage her by pointing out letters, particularly the ones that begins her name ("It's a T like in Taylor!"), and playing with sounds by making rhymes of real and nonsense words ("oodles and boodles of noodles and foodles").
- Enlarge your child's experiences through trips and visits to parks and other places of interest. Take her often to the library. Ask whether she can get a library card and let her choose books that interest her.
- Consider some type of structured learning environment for your child, whether in Head Start, preschool, Sunday school, or a community program or child care center.

Safety:

- Continue to use a size-appropriate forward-facing car safety seat that is properly installed in the back seat according to the manufacturer's instructions and the vehicle owner's manual until your child reaches the highest weight or height allowed by the manufacturer, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat. When she reaches one of these limits, consider whether she is mature enough for the greater flexibility of movement allowed by a belt-positioning booster seat. If not, use a forward-facing seat with a harness with a higher weight limit or a travel vest.
- Supervise all play near streets or driveways. Your child is not ready to cross the street alone.