

Craig Ranch Pediatrics

Dr. Nagaratina Salem

6850 TPC Drive, Suite 100 McKinney, TX 75070

Phone (214) 383-4400 Fax (214) 383-4403

4 Year Old



Normal Development

Motor: Hops on one foot. Throws ball overhand. 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: the beginning of social interaction. Likes to play roles like that of a teacher or a parent. Goes to the bathroom alone.

Hand preference 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 your child can jump, gallop, tiptoe, and run smoothly, so there is a greater possibility for her to get hurt. Make sure your home is **child proofed**. All electrical sockets should be covered. You should not leave cleaning supplies or medicines within her reach. Bike helmets are a must when she rides her tricycle or bicycle.

She is still a picky eater, though there may be some improvement from earlier. Encourage her to try new foods. She may still eat well one day and then stay picky for the next 2-3 days. As long as she is gaining weight and following her growth curve, she should not be forced to finish her plate. Attempting to control her intake only results in under or overeating.

Vitamins

Poly vi sol or chewable vitamin, one chew daily.

Dental Check-Up

Should be done every 6 months.

How to Promote Development

Make reading a regular habit. The child should have a regular time everyday for **reading**. Ask questions to see if she comprehends what you read, such as what is this or what color is the balloon. Repetitions, active participation,

Craig Ranch Pediatrics

Dr. Nagaratina Salem

6850 TPC Drive, Suite 100 McKinney, TX 75070

Phone (214) 383-4400 Fax (214) 383-4403

and positive feedback, like praise or stickers are ideal for language learning.

You can also use stickers (no candy!) to encourage her to read with you.



Let her **play** with other children. A 4 year old would 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 her imagination.

Imagination

At this age she has a very vivid imagination and loves pretend play. She may have imaginary friends. A child of this age has such an active imagination that she is unable to think rationally. Her intense fears of a monster in the closet might not be calmed by showing her that the closet is empty. You will need to join her imaginative world by telling her that your "great power" will protect her (monster spray or magical tape or chalk). This magical thinking appeals to her more.



Behavior

It is still sometimes hard to understand your 4 year old. She will want to show independence and dependence at the same time, like wanting Mommy (dependent) to put a toy in a specific drawer (place of her choice-independent). Her shift between angelic joy and uncontrollable rage may make you lose patience or hurt your self-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. Do not give in to tantrums. There are times when she needs to hear "no". Teach her to wait for a few minutes. Do not protect her from normal life challenges, but always be available and supportive. Hold and cuddle her, and let her know you love her. All care takers should follow the same rules.

Masturbation and curiosity about genitalia is normal at this age. Ignore it and try to distract her. Do not scold her. Modesty appears more around 5-6 years of age.

Craig Ranch Pediatrics

Dr. Nagaratina Salem

6850 TPC Drive, Suite 100 McKinney, TX 75070

Phone (214) 383-4400 Fax (214) 383-4403

Pediatric Dentists:

Dr. Kelli L. Ettelbrick
3333 Preston Rd, Ste 104
Frisco, TX 75034
214-387-0099
www.drkelli.com

Dr. Rupande Patel
6513 Preston Rd Suite 500
Plano, TX 75024
972-378-6762
Smileislanddental.com

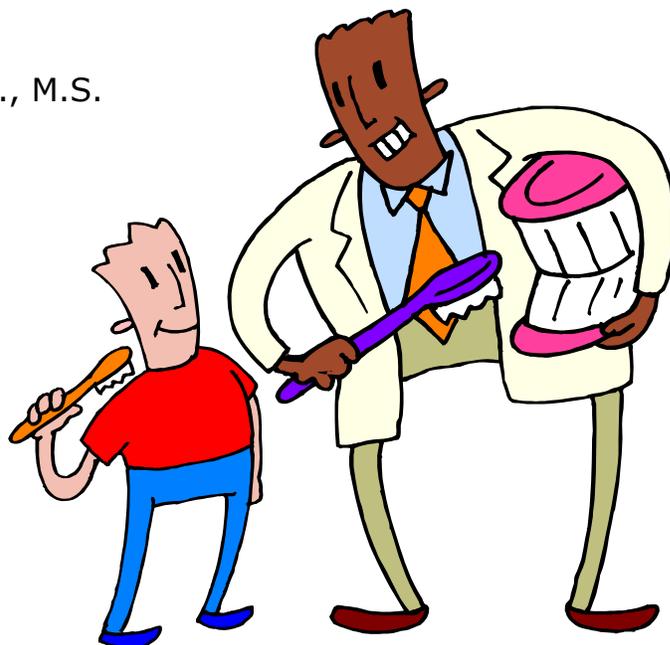
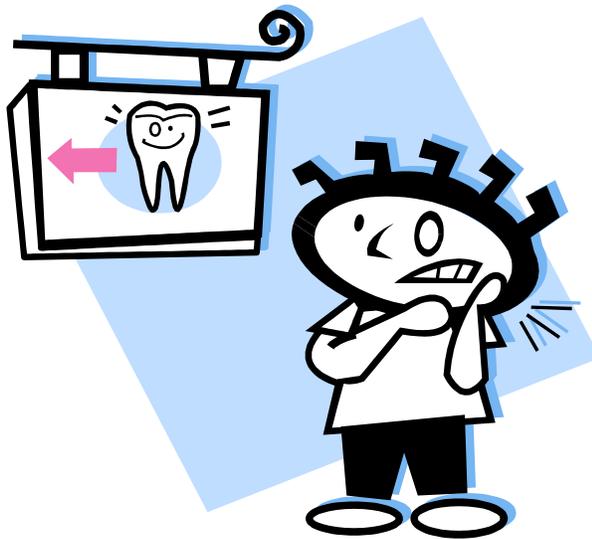
Dr. Tammy Gough
201 North Alma Suite 100
Allen Tx 75013
972-727-0737
Alma & McDermott

Dr. Elizabeth Kamali (Jupiter kids Dentistry)
Dr. Sal Taiym
600 East Bethany Dr Suite 130
Allen, TX 75002
972-396-8080

Elisabeth Rowold-Garciamendez, D.D.S., M.S.
335 N. Allen Drive
Allen, TX 75013
972-727-0011

Dr. Tim Brister,
3109 S. Custer Rd, Suite 300
McKinney, TX 75070
972-542-6662

Dr. Jon Schaack
5971 Virginia Pkwy. Suite 300
McKinney, TX 75071
972-984-7890



Craig Ranch Pediatrics

Dr. Nagaratina Salem

6850 TPC Drive, Suite 100 McKinney, TX 75070

Phone (214) 383-4400 Fax (214) 383-4403

Dr. Patrick Brady

8080 State Highway 121 Suite 320

McKinney, TX 75070

972-359-6000

Dr. Khaled Jadid

2100 Hedgcoxe Rd. Suite 150

Plano, TX 75025

Sweet Smiles

972-517-8300

www.sweet smiles4kids.com