



4 Years



Nutrition

- Continue offering balanced meals and snacks.
- Appetites may still vary day to day.
- Think nutrition over a week, not one meal.
- Keep sweets and sugary drinks limited.
- Water and milk remain great primary drinks.

Helpful Approach

- Eat together when possible.
- Continue variety and repeated exposure.
- Model healthy habits.
- Keep mealtimes low-pressure.



Sleep & Routine

- Many children need 10 to 13 hours of sleep daily.
- Some no longer nap.
- Quiet time can still be helpful.
- Consistent bedtime routines remain valuable; avoid screens close to bedtime.

Nightmares & Fears

- Growing imagination can increase nightmares and fears.
- Offer calm reassurance and routines.
- Keep bedtime steady and comforting.



Confidence & Behavior

Four year-olds want both reassurance and independence.

Helpful strategies:

- Stay calm and consistent
- Praise effort and kindness
- Offer age-appropriate choices
- Keep routines predictable
- Teach problem-solving gently

Connection matters most.



Development

Many children may begin to:

- Speak clearly in full sentences
- Tell stories
- Hop, skip, and climb confidently
- Draw people and shapes
- Play cooperatively
- Follow multi-step directions
- Show growing independence

Milestones happen on a range of timelines.



4 Years



Play & Learning

**Play builds confidence and learning.
Try these fun activities:**

- Helping with easy tasks
- Puzzles & games
- Art & coloring
- Reading books
- Outdoor play
- Pretend play
- Music & dancing

We recommend limited, intentional screen time only. Prioritize play, reading, movement and connection.



Body Safety

Continue calm, open, age-appropriate conversations about:

- Private body parts
- Saying no
- Trusted adults
- Boundaries
- Telling you when something feels wrong



School Readiness

Readiness is about more than academics, and each child grows at their own rate.

- Listening skills
- Social interaction
- Following routines
- Separation comfort
- Curiosity & confidence



Self-Care Skills

Many children are learning to:

- Dress themselves
- Brush teeth with help
- Wash hands well
- Tidy toys
- Help with simple chores



Vaccines & Screenings

Recommended vaccines or screenings may be discussed today - including school-entry vaccines - if due. We are happy to answer questions.



Upcoming 5 Year Visit

We often discuss:

- Kindergarten readiness
- Sleep habits
- Confidence & emotions
- Friendships
- Continued milestones



When To Call Us

- Major behavior concerns
- Regression in skills
- Anything worrying you
- Significant speech concerns
- Persistent sleep struggles