

What to Expect During Your 4 Year Old's Visit



Physical Health & Foundational Habits



Vitals & Measurements

We'll check height, weight, and BMI to track growth trajectory and confirm everything looks good developmentally.



Nutrition

Shared mealtimes, variety on the plate, and limiting processed foods and juice. Early eating habits set the tone for a lifetime.



Sleep

Most four-year-olds need 10–12 hours a night. A consistent bedtime routine and comfort objects help them wind down.

Screen Time & Vision & Hearing



Screen Time

Recommended limit is about 1 hour per day for ages 2–5. Non-screen time is where outdoor play, imaginative play, and family connection happen.



Vision Screening

The USPSTF recommends a one-time screening between ages 3 and 5 to catch amblyopia early. We'll do that today!



Hearing

We'll check hearing today. As they move into school age, annual or biennial hearing checks become part of routine care.

Developmental Milestones



Language

Using sentences with 4+ words, reciting parts of songs or stories, and sharing about their day. These little narratives are huge milestones.



Gross Motor

Running, jumping, and climbing fearlessly. Coordination and confidence are building rapidly at this stage.



Fine Motor

Drawing, beginning to write letters, and manipulating small objects with increasing control and precision.



Social Skills

Interacting more with peers and adults. Growing independence with self-care—washing hands, picking out clothes, feeding themselves.



Problem-Solving

Completing tasks, understanding cause and effect, and tackling age-appropriate cognitive challenges with growing confidence.

Cognitive & Emotional Growth



Family Connection

Shared mealtimes, playtime, and routines strengthen bonds and support emotional development at this stage.



Play & Exploration

Imaginative and outdoor play during non-screen hours builds creativity, curiosity, and resilience.



Routine & Structure

Consistent routines around sleep, meals, and activities are foundational to a child's sense of security and healthy development.



Independence

Four-year-olds are blossoming into more self-sufficient individuals—celebrate and encourage their growing sense of autonomy.



It's Incredible

Every milestone—big or small—is worth celebrating. Strong foundations now set kids up for a lifetime of health.