

# 4 Year Visit

Today's Date: \_\_\_\_\_ HT: \_\_\_\_\_ WT: \_\_\_\_\_

B/p \_\_\_\_\_ P \_\_\_\_\_

Immunizations:

\_\_\_ Dtap \_\_\_ IPV (polio)



## Development

- ❖ Hops, runs, skips and climbs with increasing skill
- ❖ Is accident prone due to lack of coordination
- ❖ Toilets independently
- ❖ Uses “naughty” words to observe reactions; tattles and name calls
- ❖ Asks endless “why” questions
- ❖ Brushes teeth with no help; plays games
- ❖ Can copy a square; can draw a person with head, arms and legs
- ❖ Can count, name primary colors and sing

## What to expect developmentally in the next few months

- ❖ Showing more independence and may even visit a next-door neighbor alone
- ❖ The ability to distinguish fantasy from reality

### *Talk with your pediatrician if:*

- ❖ Your child cannot jump in place
- ❖ Your child cannot ride a tricycle
- ❖ Still clings and cries whenever parents leave
- ❖ Ignores other children
- ❖ Doesn't use sentences of more than 3 words

## How to prepare for the next visit

- ❖ Take some time to think about ways to make your next visit with the doctor even better.
- ❖ Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- ❖ Note changes in your child's eating, sleeping and social behaviors.
- ❖ Plan a special trip for you and your child to visit his/her elementary school and meet the kindergarten teacher
- ❖ Fill out and bring in school health forms for the doctor to complete
- ❖ Talk to your child about the next visit with the doctor, including the physical exam and immunizations
- ❖ Keep a list of topics you would like to discuss at your next visit

## What to expect at your next visit

- ❖ Your child will have a physical examination at age 5
- ❖ Your child's height, weight, B/P and Pulse will be checked. An eye exam will be done and your child will receive vaccines
- ❖ You will be asked about your child's possible exposure to lead and your family's history of heart disease and tuberculosis exposure

## Things to keep in mind between now and your next visit:

### Diet/Feeding

- ❖ Eat a variety of foods. Balance the foods you eat with

physical activity

- ❖ Choose a diet with plenty of grain products, fruits and vegetables
- ❖ Choose a diet low in fat, cholesterol and saturated fats
- ❖ Choose a diet that provides enough calcium and iron to meet their growing body's requirements
- ❖ Mealtimes should be enjoyable and pleasant and not be a source of struggle

## Safety

- ❖ Accidents are a leading cause of death: bicycle safety (helmets), pool safety, bath tub safety (never leave a child unattended), streets and parking lots (watch for moving cars)
- ❖ Forward Facing Car Safety Seat with a harness for as long as possible, up to the highest weight or height allowed by car safety seat's manufacturer
- ❖ Teach stranger awareness: review scenarios that predators might use, including offering candy or toys to get in a car, or asking to help look for a lost pet.
- ❖ Avoid over exposing to the sun; apply sunscreen 30 minutes prior to out door play and every 2 hrs while outside, reapply after swimming
- ❖ Install smoke and carbon monoxide detectors and use flame retardant sleepwear
- ❖ Be cautious of pets; in your home, neighbors home or someone you are visiting
- ❖ Child proof your home

## Anticipatory Guidance

- ❖ Continue to set firm rules for behavior
- ❖ Reinforce limits and use time-out
- ❖ Expect normal curiosity about body parts and answer questions
- ❖ Brush teeth twice per day and do not forget fluoride; schedule your dental appt.
- ❖ Bug repellent: Apply a repellent with max DEET of 10%/or Picardin to exposed skin (apply to your own hands and rub onto child's skin—do not apply under clothing, make sure clothing is laundered and child is bathed after use) DO NOT REAPPLY!
- ❖ Remember your annual flu vaccine Sept/Oct
- ❖ Limit TV; Watch programs with children.
- ❖ Sleeps approx. 11-11 ½ hrs at night and takes a 1 hr afternoon nap
- ❖ Read books; a quiet bedtime routine is useful

## Your needs

- ❖ Remember to take time for yourself and other children
- ❖ Keep in touch with family and friends
- ❖ Become active in your child's activities; nursery school, library groups, and sport activities

## NOTES: