

# 4 Year Old Visit



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## NUTRITION

In effort to battle our nation's epidemic proportions of obesity in children, we want to encourage healthy eating for your child. We recommend the 5-3-2-1-0 eating plan for your child. Your child should consume 5 servings of vegetables and fruits daily (3 vegetable and 2 fruits), 3 servings of dairy daily, have less than or equal to 2 hours of sedentary activity daily (except for sedentary activity related to reading/studies), have at least one hour of exercise daily and consume "zero" sweetened beverages. High-fat and low-nutrient foods and beverages such as candy, chips, and soft drinks should be limited. Your child should be offered nutritious foods and allowed to decide what and how much he/she wants to eat. Make mealtimes pleasant and encourage conversation. Remember to be good role models and allow your child to see his/her parents eating nutritious food as well.

Calcium requirements are **1000mg daily** (3 cups milk or dairy). A multivitamin is likely needed to meet the Vitamin D requirement of 600 IU/day, as it is not added to dairy products except milk (about 100 IU/cup).

## SAFETY

- Teach your child his/her full name, parents' full names, phone number and address. Teach your child about strangers, and let him/her begin to understand the concept of "good touch/bad touch" (Bad touches are anywhere a bathing suit covers). Educate them about which persons would be appropriate to ask for help from if they are lost. Teach them never to get into a stranger's car.
- Consider swimming lessons. However, even if your child knows how to swim, an adult should supervise all children whenever they are in and around water. Continue liberal use of sunscreen SPF 15 minimum.
- Ensure that guns are locked up and ammunition is stored separately. A trigger lock is an additional important precaution.
- Your child should sit in a forward facing car seat with a harness until the maximum weight or height for that seat has been reached. Once the forward-facing car seat does not fit your child, use a booster seat making sure the vehicles lap and shoulder belt fits properly. Most children will need a booster seat until they have reached 4'9" and are between 8 and 12 years old.
- All children should wear a bicycle helmet when riding cycles and scooters
- Limit TV watching to an average of 1 hour per day of appropriate programs. Watch the programs together and discuss them.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

## IMMUNIZATIONS

Today your child will receive the following vaccine(s). You may give Children's acetaminophen for any discomfort related to the vaccine. The tetanus vaccine may cause temporary redness and soreness at the site of injection. **Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.**

DTaP (tetanus)

Polio

Influenza/Flu

## MEASUREMENTS:

Weight: \_\_\_\_\_ Lbs \_\_\_\_\_ oz ( \_\_\_\_\_ %)

Height: \_\_\_\_\_ inches ( \_\_\_\_\_ %)

BMI: \_\_\_\_\_%

Vision:  Passed  Referred

Hearing:  Passed  Referred

## TEETH

Brush teeth twice daily and floss. Start regular visits with dentist if not already done.

## DEVELOPMENT

At this age you may notice your child:

- Pedals, stands/hops on one foot
- Recognizes letters, numbers, and counts to 10
- Draws stick figures and is starting on letters
- Speaks in full, articulate sentences

## PROMOTING DEVELOPMENT

- In coordination with preschool, encourage letter writing and recognition, phonics, counting and early reading.
- Supervise and practice skipping, bike riding, swimming and catching.

## DISCIPLINE

- Whining is a common problem at this age. Wait one minute and have child repeat request without whining.
- Negative consequences can include time out (4 minutes) as well as loss of privilege (toy, activity).
- During daily activities, explain the impact of one person's behavior on others, using examples and role play.

## FOCUS ON FAMILY

- Allow children to take household responsibility with chores and self-care.
- Develop a sense of family pride with traditions and connection to heritage and extended family.

**Next visit at 5 years old**