

WELL CHILD: THE 4 YEAR OLD (1 OF 2)

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Name	_____	Weight	_____
Date	_____	Height	_____
		BMI (body mass index)	_____
		BP	_____ / _____ HR _____
		Vision: R	_____ / _____ L _____ / _____
		Hearing	_____

NUTRITION

- Educate regarding eating a balanced diet and reasons for it.
- Eat together as a family. Model good nutrition and exercise habits.
- Give daily supplements of vitamin D (600 IU) and calcium (1000 mg) if your child takes less than 16 oz. of milk per day. Avoid giving too much milk; offer water instead between meals. Avoid juice and sweetened drinks.
- Separate TV time and eating time.

DEVELOPMENT

- Knows colors, dresses self, climbs well, draws, knows some letters, is familiar with using scissors. Able to clearly communicate with adults other than parents.

DENTAL CARE

- Continue regular dental visits. Ask me about fluoride supplements if your child drinks non-fluoridated water.

SLEEP

- Bedtime ritual.
- Read, read, read, read!
- It is still normal for children this age to wet the bed at night. Many girls wet the bed until age 5 and boys until age 7.

PARENTING / SAFETY

- Safety: Teach water safety, consider swimming lessons, and use bike helmets.
- Parenting: Model behavior and control temper; be consistent. Use logical consequences for behaviors. Discuss what they should be with your child and why. Have conversations involving why, when, and how.
- Give your child simple jobs around the house (which you do not have to redo).
- If there are guns in the home, lock them and store ammunition separately under separate lock. Talk to your children about gun safety.
- Continue stranger training. Teach your child not to accept food, rides, or help from people you do not know. Teach phone numbers and address. Identify the “helping strangers” when you are out in the community. Let your child know that only people who are helping to keep them clean and healthy should be touching their bottom.
- Keep TV and video time to less than one hour a day. **Do not put a TV in the bedroom.**
- Activities/Development: Card games, cut, paste, paint, imaginative play and board games
- When your child is over 4 years or 40 lbs., you may switch from a car seat with harness to a belt-positioning booster seat. However, it is safer to remain in a car seat with harness for as long as possible, until your child has reached the *maximum* weight or height for the car seat. Check your car seat manual.
- **In case of ingestion of poisons, call the Poison Control Center immediately. Post this number by your phone: 1 (800) 222-1222.** Do not use syrup of ipecac. Visit poison.org for more information.
- If you need assistance, heligrowwa.org is available to help with food resources, transportation, clothing, employment, housing, or other support.

TESTS TODAY

- Vision and hearing screenings

WELL CHILD: THE 4 YEAR OLD (2 OF 2)

IMMUNIZATIONS

- Local reactions (swelling or redness) are more common at this age and can last 48 hours.
- You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements, at www.vmfh.org.
- We recommend influenza vaccination every year for **all** infants (age 6 months and up), children, adolescents, and adults. Visit flu.gov for more information and visit www.vmfh.org every fall for flu vaccine clinic information.

Acetaminophen (Tylenol)

Child's weight	Infants' or Children's suspension (160 mg/5 mL)	Children's chew tab (80 mg each)
18–23 lbs	3.75 mL (¾ tsp)	
24–35 lbs	5 mL (1 tsp)	2 tablets
36–47 lbs	7.5 mL (1 ½ tsp)	3 tablets

Acetaminophen may be given every 4 hours but not more than 4 times in 24 hours. Please call the office if a fever persists for more than 2 days or if you have any questions about your child's illness or vaccine side effects.

Ibuprofen (Advil, Motrin)

Child's weight	Infant drops (50 mg/1.25 mL)	Children's suspension (100 mg/5 mL)	Children's chew tab (50 mg each)
18–23 lbs	1.875 mL	3.75 mL (¾ tsp)	
24–35 lbs	1.25 mL + 1.25 mL	5 mL (1 tsp)	2 tablets
36–47 lbs		7.5 mL (1 ½ tsp)	3 tablets

Ibuprofen may be given every 6 hours and not more than 4 times in 24 hours. PLEASE CHECK THE CONCENTRATION OF THE IBUPROFEN YOU ARE USING.

NEXT VISIT

- Please make an appointment when your child is 5 years old.

BOOKS / RESOURCES

- *Positive Discipline for Preschoolers* by Jane Nelsen, Ed.D., Cheryl Erwin, M.A., and Roslyn Duffy
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish
- *Raising an Emotionally Intelligent Child* by John Gottman, Ph.D.
- *Normal Children Have Problems Too* by Stanley Turecki, M.D.
- *How to Get Your Kid to Eat... But Not Too Much* by Ellyn Satter
- *Playful Parenting* by Lawrence Cohen
- *Peaceful Parent, Happy Kids: How to Stop*
- *Yelling and Start Connecting* by Laura Markham
- *It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends* by Robie H. Haris and Michael Emberley