

4 YEAR OLD WELL VISIT

The complete details of today's visit are on our web site at pcpmds.com. If you do not know how to access your child's records please ask our staff on the way out and they will gladly help you. Remember to confirm future appointments you must click on the link you receive in the text message.

MEDICAL TESTING DONE: Complete results on the web site.

hemoglobin, urinalysis, lead testing if not done twice in past, hearing, vision, PPD/TB screen – return to office

- **Schedule an appointment for 48 to 72 hours with MD to have TB screen checked on:** _____

VACCINES: MMR VARICELLA FLU OTHER: _____

- Vaccine Information Sheets (VIS) are available for review on our web site pcpmd.com under "forms and handouts." There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have been also sent to your own personal portal account. Laminated copies are available for your review in the office.
- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.
- These mild reactions may be treated with either:
- **Acetaminophen** 160/5ml () ml every 4 hours as needed or **ibuprofen** 100mg/5ml () ml every 6 hours for fever > 101 degrees

NUTRITIONAL/ EXERCISE COUNSELING:

WT: _____ **% HT:** _____ **BMI:** _____ %

BMI over 85%= overweight over 95% = obesity WT to lose _____ Ideal weight ___to ___

1. Teach your child **healthy eating habits** now to avoid health problems in the future – see out web site
2. Your child needs **32 oz. of low fat or preferably skim milk per day**. This may be replaced with 3-4 servings of low fat dairy products such as cheese and yogurt or non-dairy products like soy milk. Encourage your child to drink water. **AVOID all juices even 100% juices, sodas and juice drinks.** Sports drinks are only to be consumed to treat a virus.
4. Watch your child's **portions** -a child should not be eating adult portions. Family dinners at the table, 5/7 nights promotes healthy weight. **Only 1 snack per day**. Refer to portion handout on web site for portion sizes by age. No media, T.V., computers being, watched/played while eating. Do not over emphasize eating and do not permit your child to eat a little bit throughout the day (graze).
5. Children should have **60 minutes of exercise** per day, encourage family exercise as a way to do things together and teach healthy habits. Be a healthy role model.

DENTAL: Twice yearly dental exams, twice daily brushing by a parent

ANTIPATORY GUIDANCE DISCUSSION TOPICS

1. **Firearms:** If you keep a gun, keep it in a locked gun safe. Teach gun safety and/or what to do if he or she sees a gun.
2. **Burns:** Test the batteries in your smoke alarm. The water temperature in your home should be about 120 degrees. Also, be careful with pots on the stove and make sure to turn handles so that your child cannot reach them.
3. **Sun protection:** Make sure to use SPF 30 or more when your child is outdoors.
4. **Drowning:** Never leave your child around any water, even for a moment, even if the child can swim. Teach your child to swim and make sure you can swim.
6. **Poisoning:** Post the poison control number on all phones, including your cell phones - 800-222-1222.
7. **Car:** Car crashes are the greatest danger to your child's life. Children should only ride in the rear seat of the car and only in an approved car seat until 4'9 inches tall and/ or 13 years of age!
8. **Street:** Until a child is 10 years old they cannot determine the speed of an approaching car. If they are playing in the street, an adult must be with them at all times. In a parking lot, hold their hand.
9. **Strangers:** Teach your child about "good" and "bad" touching. Also, teach them about strangers. Teach them how to protect themselves if in abduction situation by screaming and fighting. Take them to a park and practice screaming.
10. Help your child to make supervised choices **and develop their independence**.