

4-YEAR WELL CHILD VISIT Name: _____ **Date:** _____

WT: _____, _____% **HT:** _____, _____%

DIET

- Teach your child healthy eating habits now to avoid health problems in the future. You can visit www.mypyramid.gov for healthy eating tips for you and your child.
- Your child needs 32oz of low fat or preferably skim milk per day. This may be replaced with cheese: 1 slice = 4 oz of milk. Also, calcium fortified orange juice, soymilk, and yogurt can replace milk oz for oz.
- Encourage your child to drink water. Limit juices and avoid all sodas and juice drinks.
- Watch your child's portions- at this age; a child should not be eating adult portions. Do not over emphasize eating and do not permit your child to eat a little bit throughout the day (graze). Rather, have your child eat regular meals at the table, with a single, small, healthy snack between meals. Your child should never eat while watching TV, playing video games, or while on the computer.

GENERAL MEDICAL CARE

- Until your child is 6 years old, a parent must brush his or her teeth twice daily. You may use a "dab" of fluoride toothpaste. **Dental** visits are needed every 6 months. Please read our dental poster in your exam room.
- Protect your child from the sun- always use **sun block** and protective clothing when outside.
- Today we may check your child's urine, run a test for anemia, and check a lead level.
- A TB screening test will also be done. This requires that you return to the office within 48-72 hours for our staff to read the test. No appointment is needed- just walk in during regular office hours and a staff member will promptly read the test. If you do not return the test will need to be repeated!! Come back on: _____

VACCINES: Please see the attached handouts for complete details

- **MMR-** this will immunize your child against measles, mumps, and rubella. It is the 2nd shot of a 2 shot series.
- **Varicella-** this will immunize your child against the chicken pox. This is also the 2nd shot of a 2 shot series.
- Tylenol Syrup 160mg/5ml Dose: ___ml. every 4 hours Motrin/Advil Syrup 100mg/5ml dose: _____ml. every 6 hours. Use only if needed since Tylenol/Motrin may decrease vaccine effectiveness.

SAFETY: remember, an accident is the greatest threat to your child's life.

- 1. Firearms:** if you must keep a gun, keep it unloaded and in a locked place separate from the ammunition. Teach the dangers of guns and teach your child what to do if he or she sees a gun.
- 2. Falls:** be sure the surface under play equipment is soft to absorb falls.
- 3. 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.
- 4. Sun protection:** make sure to use SPF 30 or more when your child is outdoors.
- 5. Drowning:** never leave your child around any water, even for a moment, even if the child can swim. Pools should be fenced on all sides. Teach your child to swim.
- 6. Poisoning:** post the poison control number on all phones, including your cell phones - 800-222-1222. Use safety latches. Lock up all substances with warning, caution, or poison labels on them.
- 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. Your child is to remain in a car seat until he or she is at least 4 years old and weighs 40 lbs.
- 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.
- 10. Media:** monitor all forms of media and teach your child the difference between reality and fantasy.

SOCIAL/DEVELOPMENT

- **Read** and encourage musical activities daily for your child's language and mathematical development.
- **Limit TV** and encourage physical activity- Remember, your child's lifetime habits are forming! T.V. promotes obesity, decreases school performance and promotes childhood fears and anxiety. This includes educational T.V.!
- Help your child to make **supervised choices** and develop their **independence**.

FOLLOW-UP Your child's next well visit is at 5 years of age. – Vaccines needed Dapt #5, IPV #5

PLEASE DO THE BF 5 YEAR SURVEY ON OUR WEB SITE BEFORE THIS VISIT

DATE _____ **TIME** _____ **MD** _____ **REASON** _____

