

4 YEAR VISIT

Child's name: _____

Today's Date: _____

TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

BODY MASS INDEX: _____ (_____ %ile)

BLOOD PRESSURE: _____ / _____ mmHg



Getting Ready for School

- Think about enrolling your child in preschool. This can help build learning and social skills such as sharing and taking turns. If your child is not in school, given her lots of chances to play with other kids
- Ask your child to tell you about her day, friends, and activities
- Read books together each day and ask your child questions about the stories
- Give your child plenty of time to finish sentences
- Listen to and treat your child with respect. Insist that others do so as well
- Model apologizing and help your child to do so after hurting someone's feelings
- Praise your child for being kind to others
- Help your child express her feelings

Healthy Habits

- Have relaxed family meals without TV
- Offer healthy foods appropriate for the whole family at meal time. This will help teach your child healthy eating habits as she grows up
- Be a good role model by avoiding soda and junk food
- Create a calm bedtime routine
- Have the child brush her teeth twice each day using a pea-sized amount of toothpaste with fluoride
- Be active as a family often - go for walks, play at the park, or ride bikes
- Limit TV/screen time to no more than 2 hours per day

Toilet Training

- Most children now stay dry during the day
- Bedwetting is still common at this age. Allow your child to help you change the sheets if she has an accident, but do not punish her for wetting the bed
- Teach your child to wash her hands after using the bathroom

Immunizations

- DTaP (Diphtheria, tetanus, and pertussis)
- Polio
- MMR (Measles, mumps, and rubella)
- Chickenpox

Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

Contact your doctor if symptoms are severe or last longer than 48 hours.

NEXT VISIT

In one year

POISON CONTROL

1-800-222-1222

CHILD SAFETY SEAT INSPECTION

seatcheck.org

Body Safety

- Use correct terms for all body parts as your child becomes interested in how boys and girls differ
- Teach your child about how to be safe with other adults
 - No one should ask for a secret to be kept from parents
 - No one should ask to see private parts
 - No adult should ask for help with his private parts
- Teach your child not to go with strangers or take anything from them

Safety

- Check the height and weight limits on your child's car seat. Children who have outgrown the rear-facing limit for their seat should use a forward-facing seat with a 5-point harness for as long as possible
- Teach safe behavior around open water and cars. These are very present dangers and children need close supervision
- Teach your child not to follow balls or pets into the road
- Never leave your child alone in the car, house, or yard
- Cook on the back burners of your stove to reduce the risk of burns. If your child gets burned, apply cold water (not ice) right away and call your doctor
- Make sure that all chemicals, medications, cleaners, knives, matches, and other hazardous materials are out of your child's reach
- Put a hat on your child and apply sunscreen with at least SPF 30 when he is outdoors
- Have your child wear a helmet, elbow guards, and knee pads when riding a bike, scooter, or skateboard
- Tell your child not to go near dogs without asking you first
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you have guns in your home, keep them unloaded, locked, and stored away from ammunition
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or ndvh.org



ADDITIONAL RESOURCES

- American Academy of Pediatrics, aap.org
- Immunization Information
 - immunize.org
 - cdc.gov/vaccines
 - vaccine.chop.edu