



Bright Futures Parent Handout 3 Year Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

ENCOURAGING LITERACY ACTIVITIES

Reading and Talking With Your Child

- Read books, sing songs, and play rhyming games with your child each day.
- Reading together and talking about a book's story and pictures helps your child learn how to read.
- Use books as a way to talk together.
- Look for ways to practice reading everywhere you go, such as stop signs or signs in the store.
- Ask your child questions about the story or pictures. Ask him to tell a part of the story.
- Ask your child to tell you about his day, friends, and activities.

Your Active Child

Apart from sleeping, children should not be inactive for longer than 1 hour at a time.

- Be active together as a family.
- Limit TV, video, and video game time to no more than 1–2 hours each day.
- No TV in your child's bedroom.
- Keep your child from viewing shows and ads that may make her want things that are not healthy.
- Be sure your child is active at home and preschool or child care.
- Let us know if you need help getting your child enrolled in preschool or Head Start.

PROMOTING PHYSICAL ACTIVITY

FAMILY SUPPORT

Family Support

- Take time for yourself and to be with your partner.
- Parents need to stay connected to friends, their personal interests, and work.
- Be aware that your parents might have different parenting styles than you.
- Give your child the chance to make choices.
- Show your child how to handle anger well—time alone, respectful talk, or being active. Stop hitting, biting, and fighting right away.
- Reinforce rules and encourage good behavior.
- Use time-outs or take away what's causing a problem.
- Have regular playtimes and mealtimes together as a family.

SAFETY

Safety

- Use a forward-facing car safety seat in the back seat of all vehicles.
- Switch to a belt-positioning booster seat when your child outgrows her forward-facing seat.
- Never leave your child alone in the car, house, or yard.
- Do not let young brothers and sisters watch over your child.
- Your child is too young to cross the street alone.
- Make sure there are operable window guards on every window on the second floor and higher. Move furniture away from windows.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Supervise play near streets and driveways.

PLAYING WITH PEERS

Playing With Others

Playing with other preschoolers helps get your child ready for school.

- Give your child a variety of toys for dress-up, make-believe, and imitation.
- Make sure your child has the chance to play often with other preschoolers.
- Help your child learn to take turns while playing games with other children.

What to Expect at Your Child's 4 Year Visit

We will talk about

- Getting ready for school
- Community involvement and safety
- Promoting physical activity and limiting TV time
- Keeping your child's teeth healthy
- Safety inside and outside
- How to be safe with adults

Next visit must be after age 4.

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

Appointment Line and After Hours Provider:
410-293-2273

Sign up for Relay Health to e-mail
communicate with your provider at

www.RELAYHEALTH.com

Review your labs on TRICAREONLINE.COM



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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Bright Futures Parent Handout 4 Year Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

SCHOOL READINESS

Getting Ready for School

- 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.
- Take your child to the library and let her choose books.
- 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.
- Give your child the chance to play with others often.
- Consider enrolling your child in a preschool, Head Start, or community program. Let us know if we can help.

CHILD AND FAMILY INVOLVEMENT AND SAFETY IN THE COMMUNITY

Your Community

- Stay involved in your community. Join activities when you can.
- 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.
- Know that help is available if you don't feel safe.

DEVELOPING HEALTHY PERSONAL HABITS

Healthy Habits

- Have relaxed family meals without TV.
- Create a calm bedtime routine.
- Have the child brush his teeth twice each day using a pea-sized amount of toothpaste with fluoride.
- Have your child spit out toothpaste, but do not rinse his mouth with water.

SAFETY

Safety

- Use a forward-facing car safety seat or booster seat in the back seat of all vehicles.
- Switch to a belt-positioning booster seat when your child reaches the weight or height limit for her car safety seat, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat.
- Never leave your child alone in the car, house, or yard.
- Do not permit your child to cross the street alone.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Supervise play near streets and driveways.

TELEVISION AND MEDIA

TV and Media

- Be active together as a family often.
- Limit TV time to no more than 2 hours per day.
- Discuss the TV programs you watch together as a family.
- No TV in the bedroom.
- Create opportunities for daily play.
- Praise your child for being active.

What to Expect at Your Child's 5 and 6 Year Visits

We will talk about

- Keeping your child's teeth healthy
- Preparing for school
- Dealing with child's temper problems
- Eating healthy foods and staying active
- Safety outside and inside

Next well visit at 5 years

Poison Help: 1-800-222-1222

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1-866-SEATCHECK; seatcheck.org

Appointment Line and After Hours Provider:
410-293-2273

Sign up for Relay Health to e-mail
communicate with your provider at
www.RELAYHEALTH.com

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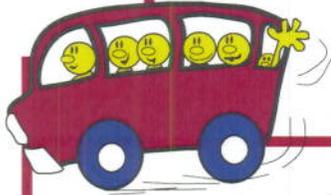


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Child Car Seat Safety

Although the use of child safety seats has grown, more than 40% of children under age eight who die or suffer serious injuries in car crashes are not restrained with car seats or seat belts.

Child Safety Seat Tips:

- The best child safety seat fits both the child and the vehicle, and is installed and used the right way every time.
- Use a seat that meets federal standards and has them clearly labeled on the seat.
- Fill out and return the product registration card so you can be reached if the seat is recalled.
- Don't use seats that have been in a crash or been altered. If you buy a used car seat, know its history.
- NEVER place a rear-facing car seat in the front seat of a car with an air bag.
- The best place for any car safety seat is in the back seat of the vehicle.
- Children who have outgrown child safety seats should be restrained in booster seats until they are at least eight years old or 4 feet 9 inches tall.
- Children copy adults. Set an example and buckle up on every trip.

Use the chart below to help you decide which seat is the safest for your child.

Proper Child Safety Seat Use Chart			
Buckle Everyone. Children Age 12 and Under in Back!			
	INFANTS	TODDLERS	YOUNG CHILDREN
AGE/WEIGHT	Birth to 1 year and at least 20 lbs.	1-4 years and at least 20 lbs.	Over 40 lbs. Ages 4-8, or until they are 4'9" tall
TYPE of SEAT	<ul style="list-style-type: none"> • Infant-only seat/rear-facing or • Convertible seat/rear-facing 	<ul style="list-style-type: none"> • Convertible seat/forward-facing, • Forward-facing seat only or • High back booster/harness 	<ul style="list-style-type: none"> • Belt-positioning booster seat or • High back belt positioning-booster
SEAT POSITION	Rear-facing only at 45° angle	Forward-facing	Forward-facing
ALWAYS MAKE SURE:	<ul style="list-style-type: none"> • Birth to 1 year and at least 20 lbs. in rear-facing seats • Under 1 year, but 20-35 lbs. – use Convertible seat/rear-facing only, recommended for heavier infants • Harness straps at or below shoulder level (usually lower set of slots for most convertible seats) • Harness straps snug on child • Harness clip at armpit level 	<ul style="list-style-type: none"> • Harness straps should be at or above shoulders (usually top set of slots for convertible seat) 	<ul style="list-style-type: none"> • Belt-positioning booster seats must be used with both lap and shoulder belt • Shoulder belt should fit snugly across chest, rest on shoulder, and NEVER be placed under the arm or behind the back • Make sure the lap belt fits low and tight across the lap/upper thigh area – not across the stomach
WARNING	NEVER place a rear-facing seat in a front seat with an air bag	Children age 12 and under should ride in the back seat	Children age 12 and under should ride in the back seat

Excerpt: National Highway Traffic Safety Administration

Have Your Child Seat Inspected

There are Inspection Stations nation-wide that will teach you how to properly install and use your child safety seat. To find one near you, visit www.nhtsa.dot.gov and click on "Child Seat Inspections".



Source: American Academy of Pediatrics and National Highway Traffic Safety Administration

This topic sheet is for general information only, and is not intended as a substitute for professional medical care.

Television and Your Family



While family is the most important influence in a child's life, TV is not far behind. TV can inform, entertain, and teach us. However, some of what it teaches may not be what you want your children to learn. Read on to find out how TV can affect your children and how you can help make TV-watching safe and fun for your family.

How TV negatively affects your children

There are many ways that TV affects a child's life. When used appropriately, TV can be a positive tool to help your children learn. Studies show that preschool children who watch educational TV can increase their reading and speaking skills. However, parents should be aware of the negative effects including the following:

Time

Most children in the United States watch about 4 hours of TV every day. Watching movies on tape or DVD and playing video games only add to time spent in front of the TV screen. It may be tempting to use TV, movies, and video games to keep your children busy, but playing, reading, and spending time with friends and family are much healthier activities.

Nutrition

Studies show that children who watch too much TV are more likely to be overweight. It takes away from the time they should be running, jumping, and getting the exercise they need. They often snack while watching TV. They also see many commercials for candy, snacks, sugary cereals, and drinks. As a result, children may persuade their parents to buy these unhealthy foods.

Violence

By age 18, the average young person will have viewed 200,000 acts of violence on TV. Children who see violence on TV may become numb to it. They do not understand that real violence hurts people. They may also come to think that it is OK to use violence to solve problems.

Research also shows a very strong link between TV violence and violent behavior in children and teenagers. Watching a lot of violence on TV can lead to hostility, fear, anxiety, depression, nightmares, sleep problems, and posttraumatic stress disorder. It is best not to let your children watch violent programs and violence in cartoons.

TV and toddlers

The American Academy of Pediatrics does not recommend TV for children younger than 2 years. This is because the first 2 years of life are very important in the growth and development of a child's brain. It is during this time that language and social skills develop. Children need positive interactions with other people to develop these skills. Watching TV takes time away from these important interactions.

Sex

TV exposes children to adult behaviors, like sex. But it usually does not show the risks and results of sexual activity. On TV, sexual activity is often shown as casual, fun, exciting, and without consequences. In ads, sex is often used to sell products and services. Your children may copy what they see on TV to feel more grown up.

Alcohol, tobacco, and other drugs

Young people are surrounded by messages that say drinking alcohol and smoking cigarettes or cigars are normal activities. These messages often do not say that alcohol and tobacco harm people and may lead to death. TV frequently shows people who drink and smoke as healthy, energetic, sexy, and successful. It is up to you to teach your children the truth about the dangers of alcohol, tobacco, and other drugs.

Commercials

The average child will see more than 360,000 commercials on TV before graduating from high school. Commercials are quick, fast-paced, and entertaining and often are louder than the accompanying programs. After seeing the same commercials over and over, children can easily remember a song, slogan, or catchy phrase. Commercials try to convince children that having a certain toy or eating a certain food will make them happy or popular.

10 things parents can do

The following are ways you can help your children develop positive viewing habits:

1. **Set limits.** Limit your children's use of TV, movies, and video and computer games to no more than 1 or 2 hours per day. Do not let your children watch TV while doing homework. Do not put a TV in your children's bedrooms.
2. **Plan what to watch.** Instead of flipping through channels, use a program guide and the TV ratings to help you and your children choose which shows to watch. Turn the TV on to watch the program and turn it off when it is over.

3. Watch TV with your children. Whenever possible, watch TV with your children and talk about what they see. If your children are very young, they may not be able to tell the difference between a show, a commercial, a cartoon, or real life. Explain that many characters on TV are not real.

Be especially careful of "reality-based" programs. Most of these shows are not appropriate for children. Even the news can contain violent or other inappropriate material. If you cannot watch TV with your children, talk with them later about what they watched. Better yet, record the programs so that you can watch them with your children at a later time.

4. Find the right message. Some TV programs show people as stereotypes. If you see this, talk with your children about the real-life roles of women, the elderly, and people of other races. Remember, if you do not agree with what you see on TV, you can either turn it off or explain why you object. These programs can turn out to be a good learning experience if you help your children find the right message.

5. Help your children resist commercials. Do not expect your children to be able to resist commercials without your help. When your children ask for things they see on TV, explain that the purpose of commercials is to make people want things they may not need. You can limit the number of commercials your children see by recording programs and leaving out the commercials or buying or renting children's videos or DVDs.

6. Look for quality children's videos and DVDs. There are many quality videos and DVDs available for children. Check reviews before buying or renting programs or movies. Information is available in books, newspapers, and magazines, as well as on the Internet.

7. Give other options. Watching TV can become a habit for your children. Help them find other things to do like playing; reading; learning a hobby, a sport, an instrument, or an art; or spending time with family, friends, or neighbors.

8. Set a good example. As a role model, limiting your own TV viewing and choosing programs carefully will help your children do the same.

9. Express your views. When you like or do not like something you see on TV, make yourself heard. Stations, networks, and sponsors pay attention to letters from the public. If you think a commercial is misleading or inappropriately targeting children, write down the product name, channel, and time you saw the commercial and describe your concerns. Call your local Better Business Bureau (BBB) if the commercial is for a local business or product. For national advertising, call the BBB's Children's Advertising Review Unit at 866/334-6272 (ext 111) or visit its Web site at www.caru.org. Encourage publishers of TV guides to print ratings and feature articles about shows that are educational for children.

10. Get more information. The following resources can provide you with more information about the proper role of TV in your children's lives:

- Your pediatrician may have information about TV or you can visit the AAP Web site at www.aap.org.
- Public service groups publish newsletters that review programs and give tips on how to make TV safe for you and your child.
- You can ask the parent organization at your child's school.
- Parents of your child's friends and classmates can also be helpful. Talk with other parents and agree to enforce similar rules about TV viewing.

TV Parental Guidelines and the v-chip

A TV rating system, known as the TV Parental Guidelines, was created to help parents know which programs contain sex and violence. Parents can use a computer device in their TVs called the v-chip to block programs based on these ratings. The v-chip is programmed from a remote control. All new TVs (13 inches or larger) that were made in the United States after 2000 are required by federal law to have the v-chip.

The ratings apply to all TV programs except news and sports. They appear for 15 seconds at the start of a program. When the rating appears on the screen, an electronic signal sends the rating to the v-chip in the TV.

The ratings are as follows:

TV-Y	For all children.
TV-Y7	For children age 7 and older. The program may contain mild violence that could frighten children younger than age 7.
TV-Y7-FV	For children age 7 and older. The program contains fantasy violence that is glorified and used as an acceptable, effective way to solve a problem. It is more intense than TV-Y7.
TV-G	For general audience. Most parents would find this program suitable for all ages. There is little or no violence, no strong language, and little or no sexual content.
TV-PG	Parental guidance is suggested. Parents may find some material unsuitable for younger children. It may contain moderate violence, some sexual content, or strong language.
TV-14	Parents are strongly cautioned. The program contains some material that many parents would find unsuitable for children younger than age 14. It contains intense violence, sexual content, or strong language.
TV-MA	For mature audience. The program may not be suitable for children younger than age 17. It contains graphic violence, explicit sexual activity, or crude language.

Additional letters may be added to the ratings to indicate violence (V), sexual content (S), strong language (L), or suggestive dialogue (D).

This rating system was created to help parents choose programs that are suitable for children. The ratings are usually included in local TV listings. Remember that ratings are not used for news programs, which may not be suitable for young children.

For more information go to the Federal Communications Commission (FCC) Web site at www.fcc.gov/vchip.

Toppling TVs pose a hazard

Newer TVs with larger, heavier screens can be dangerous to toddlers. Small children have been seriously injured and, in some cases, killed when these front-heavy models fall on them. Use these safety tips to keep your children safe.

- Place your TV on low furniture that is designed to hold your TV model.
- Use brackets or anchors to secure the TV to the wall.
- Do not place remote controls, videos, or other objects that children might try to reach on top of the TV.
- Do not allow children to climb on the TV.

The Children's Television Act

The Children's Television Act ensures that TV stations pay attention to the needs of children aged 16 and younger. Under this law, stations must air at least 3 hours of educational shows for children each week. They must also limit ads during these times to 12 minutes per hour on weekdays and 10.5 minutes per hour on weekends. Stations that do not follow the law risk losing their licenses.

Keep tabs on TV stations in your community. TV stations file quarterly Children's Television Programming Reports with the FCC. For more information call 888/CALL-FCC (888/225-5322) or visit the FCC Parents' Place Web site at www.fcc.gov/parents.

Please note: Listing of resources does not imply endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this publication. Phone numbers and Web site addresses are as current as possible, but may change at any time.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

American Academy of Pediatrics
Web site—www.aap.org

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Acetaminophen (Tylenol, Store Brand) Dosing Information

****Give every 4-6 hours, as needed, no more than 5 times in 24 hours****

Weight of Child	Infant Drops Old Concentration 80mg/0.8ml	Infant Oral Suspension: New Concentration 160mg/5ml	Children's Elixir 160mg/5ml	Children's Tablets 80mg =1 tablet	Junior Strength 160 mg = 1 tablet
6-11 lbs (2.7-5 kg)	0.4 ml	1 ml	1 ml		
12-17 lbs (5.5-7.7 kg)	0.8 ml	2.5ml	2.5 ml	1 tablet	
18-23 lbs (8.2-10.5 kg)	1.2 ml	3.75ml	3.75 ml	1 ½ tablets	
24-35 lbs (10.9-15.9 kg)	1.6 ml (2 droppers)	5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	2.4 ml (2.5 droppers)		7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)			10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)			12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)			15 ml	6 tablets	3 tablets

Ibuprofen (Motrin, Advil, Store Brand) Dosing Information

****Give every 8 hours, as needed, no more than 4 times in 24 hours****

****NOT ADVISED FOR PATIENTS UNDER 6 MONTHS OF AGE****

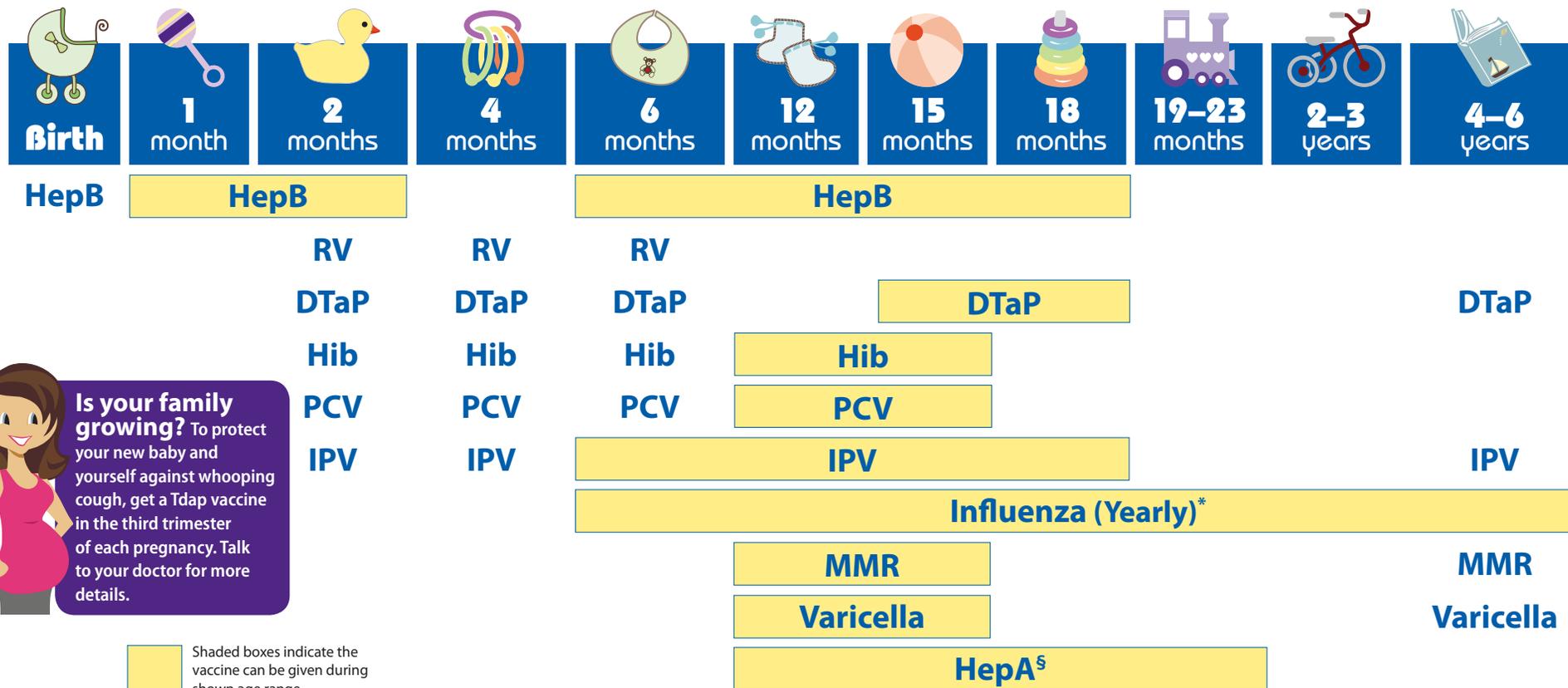
Weight of Child	Infant Drops 50mg/1.25ml	Children's Elixir 100mg/5ml	Children's Tablets 50mg/1 tablet	Junior Strength 100mg/1 tablet
Under 11 lbs (5kg)	*NOT ADVISED			
12-17lbs (5.5-7.7kg)	1.25 ml	2.5 ml		
18-23lbs (8.2-10.5kg)	1.875 ml	3.75 ml	1 tablet	
24-35 lbs (10.9-15.9 kg)	2.5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	-	7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)	-	10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)	-	12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)	-	15 ml	6 tablets	3 tablets

Diphenhydramine (Benadryl, Generic, Store Brand) Dosing Information

****Give every 6 hours as needed, no more than 4 times in 24 hours****

Weight of Child	Liquid 12.5mg/5ml	Chewable 12.5mg/tablet	Capsule 25mg/capsule
13.2-15.3 lbs	3 ml	-	-
15.4-17.5 lbs	3.5 ml	-	-
17.6-19 lbs	4 ml	-	-
20-24 lbs	3.75 ml	-	-
25-37 lbs	5 ml	1 tablet	-
38-49 lbs	7.5 ml	1 ½ tablets	-
50-99 lbs	10 ml	2 tablets	1 capsule
100+ lbs	-	4 tablets	2 capsules

2014 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES: * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.
 § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.

For more information, call toll free **1-800-CDC-INFO** (1-800-232-4636) or visit <http://www.cdc.gov/vaccines>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



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