

Well Child Visit: 4 Years
General Pediatrics Department, Naval Medical Center Portsmouth
After Hours Pediatric Advice Line 628-8805 Poison Control 1-800-222-1222
Appointments or Referrals 1-866-MIL-HLTH How do I call my doctor? 953-7716

Date: _____ Your Child saw Dr. _____ today
Weight: _____ kg (_____ %) _____ pounds
Length: _____ cm (_____ %) _____ inches BMI: _____ (_____ %)

Caring for your growing child:

Dental Care: Help brush your child's teeth twice a day with a soft toothbrush and toothpaste. Use toothpaste containing fluoride. To prevent cavities, avoid frequent snacks, sugary drinks, and provide no more than 4 ounces of juice daily. If your child has not seen the dentist, make an appointment now. If your child takes liquid medications, be sure to brush your child's teeth after giving the medication.

Stick to a bedtime routine: Create a consistent bedtime routine with a "wind down" time before bed. If your child wanders into your bedroom, quietly return him or her to bed. Nightmares are normal at this age, and some children may sleep better with a nightlight on or with a security blanket.

Meal times: Offer three meals daily and healthy snacks in between if needed. Have your child sit in a chair while eating. Encourage your child to use their own silver ware to feed him or herself. Eat dinner as a family whenever possible. Encourage conversation and good table manners. If your child is a picky eater, keep serving sizes small, and continue to offer a variety of foods- but not a separate menu for your child.

Self care: Although it is difficult, allow your child to be involved in their own self care. Be patient. Allow your child to try and get dressed on his or her own, brush his or her own teeth, make his or her own bed, and wash his or her own hands. Encourage your child to help in activities around the home such as making dinner, small chores and folding laundry. Teach your child to wash their hands well and to wash their hands often, especially after using the bathroom.

Playtime: It is important to allow your child to play with other children of the same age. Enroll your child in preschool, a play group, or just have other 4 year olds over for a few hours of play. Children at this age can learn to play a game with simple rules.

Discipline: Be firm and consistent. Praise your child for good behavior and accomplishments. Provide chances throughout the day for your child to demonstrate good behavior. Avoid hitting, slapping and spanking your child. Use a four minute time out and then redirect your child to a new activity. Be consistent! All caregivers should agree on what is and is not acceptable behavior. Transitioning from one activity to another can be challenging- provide a warning so your child has time to "switch gears."

Sexuality education: It is normal for children this age to be curious about their body parts. Use the correct words when describing their body parts. Explain that certain body parts are private, and if someone asks to see or touch these private areas, to tell an adult, like mom, dad, a doctor or teacher. Some children may become more modest at this age.

School preparation: In one year, your child will be ready for kindergarten. Read to your child EVERY DAY! Provide books for children to read, and read the same books to them. Read poetry and nursery rhymes. Encourage your child to repeat a story and discuss the ideas and events. Read titles and point to important words on pages, packages, and street signs. Your child should be able to identify colors, numbers and some letters of the alphabet at this age.

Television and media: Television is not a good babysitter or teacher. Do your child a favor, and turn off the television, except for special programs. Limit your child's use of TV, movies, and computer games to 1-2 hours a day. Do not put a TV or DVD player in your child's bedroom. When your child does watch television, watch the program with them, and talk about what he or she is watching.

Smoking: Your child is watching you and learning from your behaviors. Set a good example and do not smoke. Remember as well, second- hand smoke causes a greater risk for ear infections, chronic stuffy noses, SIDS, asthma and respiratory infections. Second-hand smoke lingers on clothes and everywhere a person has smoked (in the house/car). For your child's health, if you smoke, consider quitting.

Development:

Gross motor skills: has an adult walking style; runs around objects; throws a ball overhand; rides a bike with training wheels; hops on one foot

Fine motor skills: draws a person with three parts; stacks ten blocks one on top of the other; begins to dress him or herself and may be able to zip, button and snap their own clothes; holds and uses a pencil with good control; can use scissors to cut things

Language and communication: knows his or her first and last name, age, and gender; has speech that is understood by strangers almost 100% of the time; uses complete sentences; tells a story; sings songs; uses prepositions and pronouns; asks questions- about everything! Nothing is sacred and some questions will stump you!

Social and emotional: follows simple directions; completes simple daily chores; makes a choice between two things; beginning to recognize other peoples feelings and emotions; enjoys playing with others, but may still not be good at sharing; starting to enjoy simple games with rules

Safety:

1. **Falls and injuries:** Falls cause many injuries in mobile children. Begin to teach your child about safety rules of riding toys like scooters and bikes-ALWAYS wear a helmet. Begin to teach your child about being safe around roads and driveways. Begin to teach your child how to cross the street safely. Teach your child about animal safety- especially dogs, who sometimes are afraid of small children.
2. **Burns:** Never leave cups of hot liquids on table/counter edges. Use your smoke alarm and check it monthly. Teach your child what to do if the fire alarm sounds. Do not leave a hot iron accessible with a dangling cord.
3. **Car accidents:** Your child should always ride in a properly-installed car seat, even on short trips. Your child should continue to ride in the back seat. Be a good example and always wear your seatbelt in the car. Never leave your child alone in the car, not even for "just a second."
4. **Sun:** Keep your child in the shade when possible, and keep his/her head covered with a hat. Use sunscreen on sun exposed areas, avoiding the hands.
5. **Drowning:** Even at this age, never leave your child alone, or in the care of another small child, *in or near* a bathtub, toilet, bucket of water, swimming pool, or at the beach. Learn CPR. This is a good age to enroll your child in swimming lessons. Learning to swim, however, will not make your child "drown proof."
6. **Poisoning:** Many things can poison children. Watch out for garden and house plants, hair products and cosmetics, and gasoline, insecticides, and cleaning products.
7. **Stranger Safety:** Begin to teach your child about strangers. This is a good time to begin to discuss private areas on the body and safe touching. Teach your child his or her full name, telephone number and address.

Illness concerns:

- **Fever:** Fever is a common reason for bringing young children to the emergency room or clinic. If your child has a fever, but is otherwise acting well, you may give your child Tylenol or Motrin. Both viral and bacterial infections can cause a high fever. The temperature of a child with a fever is less concerning than how the child is behaving overall. If a fever lasts for more than 48-72 hours, but your child is still well appearing, call the clinic for further guidance.
- **Use of the emergency room(ER):** Your child should be brought to the ER if he or she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, is working hard to breathe, is breathing quickly (more than 50 times per minute), is dehydrated, or for other parental concerns.

Your child's Tylenol dose is _____ mg or _____ ml of Children's Tylenol (160 mg/5 ml) every 4-6 hours

Your child's Motrin dose is _____ mg or _____ ml of Children's Motrin (100 mg/5 ml) every 6-8 hours

Immunizations

Your child's immunization schedule will be reviewed at this visit, and the Dtap, IPV, MMR and Varicella vaccines will be given, as will any vaccines your child may be missing. The Influenza vaccine is recommended for all children over six months of age during Flu season.

Next Visit

Bring your child in at 5-6 years of age for a routine exam. Always bring your child's immunization card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.