

Four-Five Year Visit

NUTRITION

1. Create a pleasant atmosphere at mealtimes with table conversation that includes reference to your child, the food, the day, the next day, the weather, etc. Mealtime should be a family time, a social time.
2. It is best to offer small portions of food initially with second helpings available.
3. Limit carbohydrate (“junk food”) snacks.

INJURY PREVENTION

1. Four and five year-olds still require close supervision.
2. Select toys that are safe. Furniture with sharp corners should either be removed from the play area or padded.
3. Electrical tools, firearms, matches, and poisons should be locked up and out of reach.
4. Be careful with hot beverages.
5. Children this age should not have unsupervised access to the street nor should they be allowed to ride a bike in the street.
6. Car seat belts should always be used. Car seat/booster until 8 years or 60-80 pounds and 4ft. 9 in.
7. While in or near the water, your child should always be watched without interruption by an adult who can swim.
8. Teach your child what to do in case of a fire in your home.
9. Some children at four and most at five years of age can be taught to give their names, addresses, and telephone numbers in case they become lost.
10. Teach your child not to go with or accept food or presents from strangers.
11. Begin to make a bicycle helmet a habit for your child when he rides a bicycle, even if it's still a tricycle or bicycle with training wheels.

ADVICE TO PARENTS

1. If at all feasible, your child should sleep in his own bed.
2. Answer your child's questions about sex in as natural a way as possible, at his level of understanding and without distorting the truth. Stay within the boundaries of each question. You want to respond to, but not go beyond, your child's level of interest. It is normal for kids this age to be interested in their own as well as a playmate's body. Speak in a matter-of-fact, non emotional, short and to the point,

teaching way. It is okay to educate your child about what behaviors are and are not socially acceptable.

3. Promote your child's interaction with other children and, as much as possible, let them work out conflicts on their own.
4. Recognize that your child can participate in household jobs, such as setting and cleaning up the table. Praise him for a job well done. Jobs should be done out of a sense of family responsibility – because this is our home. However, there is nothing wrong with material reward.
5. Encourage activities that require your child to “figure things out”. In pretend play, encourage shifts back and forth from “make believe” to real. He should also be ready for some marble, card, and board games. Creative, interactive play is much better for your child than sitting in front of the TV. Take exploratory walks, outings to new places, and shopping trips.
6. Have a bedtime ritual, a close special time that your child can anticipate and enjoy.
7. By age four, 95% of children are bowel trained, 90% are dry in the daytime, and 75% are dry at night. Nature usually does a good job of resolving this issue. Please discuss with us any concerns you might have. There are usually things we can suggest to help nature along.

DISCIPLINE

Give reprimands privately. The idea is to teach, not humiliate. Provide appropriate and clearly stated limits, along with an explanation of the consequences if rules are broken. Follow through with previously stated consequences when rules are broken. Meaningless threats are ineffective. Always remember the positive effects of praise. Most importantly, children learn right and wrong primarily from their parents' examples. Every time your child does something that you don't like, take a hard look at yourself.

IMMUNIZATION

1. At 4 years of age, children receive their second DTaP and polio boosters. As with previous immunizations, about half the children will experience some fever, crankiness, or soreness at the site of the shot. You can give acetaminophen to help relieve discomfort.
2. At 4 or 5 years of age, a second Measles, Mumps, and Rubella (MMR) and Varicella (Chicken Pox) vaccine is given. The MMR vaccine may result in a delayed reaction. One week or more after the shot, your child may experience some fever, aches, or rash.

SCHOOL

At this age your child approaches a very exciting transition to school. Signs of readiness of Kindergarten include: (1) plays well with other children, (2) takes turns, (3) follows simple directions, (4) conforms to simple rules, (5) dresses himself, and (6) able, or will be able after a short transition period, to separate from home for a half a day. If you have concerns about your child's social or intellectual readiness or questions about appropriate school placement, please discuss this with us.

Let's not pressure our children. Learning for children is a natural process that should be fun. Unstructured playtimes are necessary and valuable. There is no evidence that early academic education promotes advanced achievement. If anything, it may interfere with your child's natural joy of learning.

R_x for Healthy Active Living

Name _____ Date _____

Ideas for Living a Healthy Active Life

- 5** Eat at least 5 fruits and vegetables every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

My Goals (choose one you would like to work on first)

- Eat _____ fruits and vegetables each day.
- Get _____ minutes of physical activity each day.
- Reduce screen time to _____ minutes per day.
- Reduce number of sugared drinks to _____ per day.

Patient or Parent/Guardian signature

Doctor signature

From Your Doctor

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