4 Year Well Child Visit

Weight _____ (  %)  Height _____ (  %)  BMI _____ (  %)  Blood Pressure _______

Your young child is learning to do new things like ride a tricycle and climb trees and fences. Their motor skills, however, are still way ahead of their judgment. He or she may be able to pedal a bike well but does not know how to control the bike well enough to maneuver around a car backing out of a driveway or even the skill to see it coming. Your child may know how to wash their hands well without your assistance now but left alone they may decide to wash them with salad dressing instead of soap! Remember that your young child’s developmental task right now is to take the initiative and succeed. The year before kindergarten is an emotional rollercoaster for many preschoolers. He or she may go from overwhelming excitement to boredom and whining in a matter of minutes. Your child’s constant chatter may make you wonder how he or she will ever make it through kindergarten. By the start of school things are usually calming down so hang in there if he or she is back to two-year-old tantrums.

Safety
The biggest threat to your child’s life and health is an injury!

- Outdoor Play – Teach them that driveways and streets can be dangerous. Always supervise them.
- Bicycle Safety – Always wear a helmet. Your child is not ready to ride in the streets yet.
- Drowning – NEVER leave him or her alone even for a second in or near pool, river, pond, or any water!
- Car Seats – Buckle up every time. Your child needs a booster seat until 57 inches or 8 years old!
- Stranger Education – Teach him or her your address and phone number. Talk about strangers and how to get help when he or she needs it.
- Animal Safety – Teach him or her that animals can be strangers too.
- Firearms – It is best to keep all guns out of the home. Safe storage is essential. Ask your friends and neighbors if they have a gun. Teach your child what to do if they see an unsecured gun. LEAVE!
- Fires – Check your smoke alarms.
- Tobacco Exposure – Smoking is dangerous for your child at any age. If someone at home smokes then your child smokes!

Social
- May get embarrassed.
- Is developing interest in peers. Likes to brag.
- Has a natural curiosity about body parts.
- Can take turns.
- Enjoys being silly and dramatic play.

Attention
Transitioning from single channel attention (focus only on one thing) to integrated attention (able to continue a task and listen to direction). This is normally not done well until 5 or 6.

Nutrition
- Teach him or her that an active lifestyle is healthy and fun.
- Do not use food to reward behavior.
- “I’m hungry” may mean “I’m bored”
- Inconsistent food intake is common. Follow weight and energy level. Most do not need vitamins.
- Offer healthy foods in small servings. Give 3 meals and 2-3 snacks a day with a variety of coarsely chopped table foods. Your child’s tummy requires this for adequate energy but they do not need to graze all day.
- Do not allow eating in front of television!
- Make smart Fast Food choices.
- REMINDER: Trust the appetite! Don’t encourage overeating.

Special Note about Drinks
- Low-fat or skim milk. Limit to 12 ounces a day.
- Water is best! Be an example for your child.
- Juice is soda! It is a fun treat but not part of the daily diet unless prescribed by a doctor for constipation.

Caution: Too much milk can result in picky eaters, constipation, and anemia

Development

Motor
- Climbs ladders and trees.
- Throws ball overhand.
- Catches bounced ball most of the time.
- Is learning to button up

Language
- Uses complex adult-like language.
- Can tell a story.
- May still simplify pronunciations and have trouble with letters (f, v, s, z, sh, l, r)
**Behavior**
- Struggles for independence often reemerge.
- Emotional highs and lows – bragging and laughing to whining and crying.
- Limit television and video games.

**Discipline**
- Keep rules consistent and explain expected behavior.
- Calm disapproval for unwanted behavior. Then use time out if needed.
- Time Out done correctly and consistently is very effective for most children. One minute for every year of age then start with “Clean Slate.” No discussion, nagging, threatening, or reminding.
- Stop and put yourself in time out if needed rather than give in or enforce rule in a way you later regret.

**Toilet-Training**
- 90% daytime trained at this age.
- 75% nighttime trained at this age.

**Oral Health**
- Your child needs a dental home now with regular visits every 6 months.
- Baby teeth are important spacing guide for permanent teeth. Continue to take care of them.
- Injured baby teeth (chipped, broken, knocked) need to be seen by dentist.
- Pea size toothpaste and brush twice daily.
- Check the fluoride content of your water.
- Painful teeth could mean cavities which need immediate attention.
- Pacifiers and finger-sucking can cause dental problems if continued after permanent teeth arrive (usually about 5). Plan time this year to break the habit before the stress of Kindergarten arrives.

**Healthy Sleep**
- Continue bedtime ritual.
- Beware of emerging sleep problems like curtain-call (popping out after bedtime) and sneaking in your bed.
- Recognize weekend sleep deficit. Sleeping late on Saturday may mean he is lacking enough sleep during the week.

Remember to sleep train for school. Adjust sleep times as needed. Begin 1-2 days prior to school for every 10 minutes bedtime must change.

**EMERGENCY CARE**
- If you feel you child may need urgent care please call the office no matter what time of day or day of the week it is. Remember minor cares and health clinics in grocery stores are not recommended by the American Academy of Pediatrics.
- **REMEmBER:** Fever is not an emergency. Your child can have fever up to 105 for 5 days with an illness. Call right away if there are other symptoms you are concerned about.
- In the event that your doctor advises you to go the emergency room, we strongly recommend Dell Children’s Medical Center, the only facility in the area specializing in the care of children. It is located at 4900 Mueller Boulevard in Austin. (512-324-0000)

**Today’s Visit**

**Handouts**
- Safety Tips for Children
- RIF Reading Checklist
- Booster Seat Safety

**Immunizations (after 4th birthday)**
- DTap #5 of 5
- IPV (Polio) #4 of 4
- MMR #2 of 2
- Varicella (chickenpox) #2 of 2
- Influenza (Fall and Winter)

**Lab**
- Anemia screen if at risk.
- Cholesterol screen if at risk

**Screening**
- Tuberculosis questionnaire
- Lead questionnaire
- Objective vision screening
- Objective hearing screening

**Dental Referral if needed**

**Return Visit**
- 5 years of age – schedule 2-3 months in advance
- Fall for Flu Vaccine - If your child received the flu vaccine for the first time this year or last year they may need a booster. Discuss with your doctor.

**Homework**

Read 20 minutes daily and practice story-telling.
- Learn address and phone numbers.
- Practice fire escape route at home.
- Review stranger and gun safety.
- Buckle up. ALWAYS