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## Well Child Care, Four to Five Years Old

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

WT: \_\_\_\_\_ HT: \_\_\_\_\_ BMI: \_\_\_\_\_ Age: \_\_\_\_\_

### Recommended Well Child Visits:

- Annually from age two to about six years old (first grade physical)
- Every other year from age six to twelve years old
- Annually again from age twelve to eighteen years old

### Immunizations are given as follows:

- Hepatitis B:** Three vaccinations done
- Diphtheria, tetanus, pertussis (DTaP):** Four vaccinations done, expect booster at school entry
- Polio:** Three vaccinations done, expect booster at school entry
- Haemophilus influenzae type B (Hib):** completed
- Pneumococcal:** completed
- Measles, mumps, rubella (MMR):** One vaccination done, expect booster at school entry
- Varicella (Chicken Pox):** completed
- Hepatitis A:** If not previously received, recommended, but not required
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

### DEVELOPMENT

#### 4 year old

- Draws a person with three parts
- Is aware of gender
- Gives first and last name
- Hops, jumps on one foot
- Throws ball overhand

#### 5 Year old

- Dresses self without help
- Knows address and telephone number
- Can count on fingers
- Draws person with a head, body, arms, and legs
- May be able to hop
- Recognizes letters and writes own name

### NUTRITION

- Visit [www.mypyramid.gov](http://www.mypyramid.gov)
- Parents decide:
  - When to offer healthy meals and healthy snacks
  - What healthy foods to serve
  - Where to serve food
- Childs decide:
  - Whether or not to eat
  - Which healthy foods on their plate to eat
  - How much to eat (don't force them to clean their plate)

- 5 – 9 servings of fruits and vegetables each day
- Limit or eliminate fried foods and fast foods such as French fries, fried chicken, and burgers
- Remove high-calorie snacks from your house
- Don't call attention to a child who is overweight
- Make exercise a family activity

#### **CARE OF YOUR CHILD**

- Be a role model for your child by living a healthy life
- Encourage family participation in regular physical activities
- Limit TV and video viewing to an average of 1 hour per day
- Establish and enforce firm, clear, and consistent rules
- Assign age-appropriate chores
- Teach your child to respect authority
- Help manage anger and resolve conflicts without violence
- anticipate your child's normal curiosity about genital differences between boys and girls
- Explain that certain parts of the body are private and should not be touched without parent's permission
- Visit our Website at <http://www.fresnochildrens.com/files/HealthTopics/schoolentry.pdf> for a SCHOOL ENTRY CHECKLIST

#### **INJURY & ILLNESS PREVENTION**

- When your child reaches 40 pounds, switch to a belt-positioning booster seat until they are eight years old and at least 4 feet 9 inches
- Limit time spent in the sun, use sunscreen (SPF 15 or higher) before going outside
- Discuss playground safety
- Wear a helmet when riding on a tricycle or a bicycle
- Teach your child rules for how to be safe around strangers
- Second-hand smoke exposure is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to [www.lungusa.org](http://www.lungusa.org) (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

**This and other information is on our Website at [www.fresnochildrens.com](http://www.fresnochildrens.com). If you do not have access to the internet, please call our office to have them mailed to your home.**