



Well Child Care, Four to Five Years Old

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ BMI: _____ Age: _____

WELL CHILD CARE VISITS are recommended every year from two to six years old. A kindergarten well visit consists of a physical exam and immunizations (see below). A first grade well visit consists of a physical exam, vision, hearing, urine, and hemoglobin (prick to the finger) testing. Changes may be made to meet the needs of your child.

IMMUNIZATIONS: At four years old, your child is eligible for the immunization boosters necessary for school entry. This will usually consist of four immunizations: 1. Diphtheria, tetanus, pertussis (DTaP) 2. Measles, mumps, rubella (MMR) 3. Polio and 4. Varicella (Chicken Pox). Changes may be made to meet the needs of your child.

NUTRITION

- The five food groups are grains, vegetables, fruits, milk, and meat & beans.
- Tips on healthy eating:
 - Provide age-appropriate portion sizes.
 - Limit high calorie foods such as soda, candy, cookies, etc.
 - Limit fried foods and fast foods.
- For more information on healthy eating, visit www.choosemyplate.gov.
- Expected weight gain is 4.5 pounds per year with growth of 2.5-3.5 inches per year.
- Body mass index or BMI is a measurement of appropriate weight for your child's height. A normal BMI at this age is less than 18.

DEVELOPMENT: Your child is mastering new skills and developing behaviors that will determine the person he will be. Parents can promote this development by providing a positive environment that encourages self-confidence and self-esteem.

- Find fun activities that you can do together to make him feel successful.
- Encourage him to express himself, listen without judging, and treat him with respect.
- When possible, allow your child to make decisions. This shows you trust him.
- Build close family relationships.
- Encourage your child to provide service to others in order to increase his sense of community and feel appreciated and needed.
- Tell your child how much you love him unconditionally.

INJURY & ILLNESS PREVENTION

- All children whose weight or height is above the forward-facing limit for their car safety seat should use a **belt-positioning booster seat** until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.
- 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, and during snow sports like sledding.
- Teach your child how to swim.
- 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 (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

A CHECKLIST TO PREPARE FOR KINDERGARTEN:

- Does your child know his name and address?
- Does he put things away after play when reminded?
- Does he sit and listen for 5 to 10 minutes without restlessness?
- Does he interpret pictures in books and retell stories he has heard?
- Read to your child every day.
- Give your child many reading materials to explore and writing materials to use.
- Visit the library often, and participate in story times and other activities there. Help your child learn to sit still while listening.
- Sing songs & say nursery rhymes together.
- Use new and different words to describe what you see, hear, and feel. Do this to help your child develop language skills.
- Encourage your child to write notes using scribble writing and pretend spelling.
- Use a calendar to plan special events. Count the days until an event happens.
- Play simple math games with dice, cards, and dominoes.
- Practice saying your phone number and address together.
- Find things to count with your child, such as...
 - How many bites does it take to eat a banana?
 - How many things at home are shaped like a circle? a square? a triangle?
 - How many shoes or books are in your home?
 - How many steps does it take to cross a room?
 - How many steps does it take to climb up stairs?
- Practice fastening clothes and shoes with snaps, buttons, zippers, and laces.
- Experiment with Play Dough, crayons, paints, paper and scissors to develop small muscles in the fingers and eye-hand coordination.
- Does he play well with others by waiting and taking turns?
- Practice taking turns and listening respectfully with your child by playing "I Wonder." For example, start with "I wonder what it would be like to be a bird." Ask your child to answer. Then take your turn answering. If your child wants to say more, encourage him or her to wait until your turn is finished.
- Does he speak distinctly, being easily understood by others?
- Does he accept a certain amount of frustration without crying or sulking?
- Does he play without coming to you most of the time to solve his problems?
- Practice problem solving together by asking "What would you do if..."

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.