



Pediatric Clinic
PATIENT EDUCATION HANDOUTS

Fort Carson Four-Year Well Child Visit

Development

Between 4 and 5 years of age you will notice your child doing the following:

Physical

- *walks up and down stairs with alternating gait
- *balances/hops on one foot
- *jumps, throws, climbs, skips
- *scribbles, copies a circle
- *draws person with 3-6 body parts
- *cuts with scissors; prints some numbers and letters; recognizes some letters

Mental

- *knows first and last name, age, sex, address, and telephone number
- *engages in pretend play; can tell the difference between fantasy and reality

Language

- *uses full sentences of at least six words, clearly understood by all people; tells simple stories
- *asks "why" and "when" questions
- *names at least four colors, counts to 10

Social/Adaptive

- *dresses and undresses self; buttons and zips
- *plays games with other children; able to wait turn, able to share, can play board or card game
- *likes to learn and follow rules
- *able to listen and attend; increasingly modest
- *is toilet trained

Today's Date _____ Age _____

Weight _____ # _____ oz

Height _____ "

Blood Pressure _____

Activities for You and Your Child

- *provide opportunities for play with other children
- *consider having child responsible for a simple household chore
- *good toys include musical instruments, coloring books, books, play dough, crayons, markers, puzzles and dress up/imitative toys
- *spend individual time with your child
- *encourage child to talk about experiences
- *help child with problem solving skills
- *provide plenty of free play time outdoors; establish family exercise activities
- *provide with opportunities to and guidance in making age-appropriate decisions
- *limit TV time to 1 hour per day
- *model good social skills
- *praise freely, criticize rarely

Dental Hygiene

- *continue Fluoride if using unfluoridated water
- *annual or semi-annual dental exams
- *brush teeth two times per day

Immunizations

After the fourth birthday, your child should receive the following immunizations:

DtaP #5 (diphtheria, tetanus, pertussis)

Polio #4

MMR #2 (measles, mumps, rubella)

Screening Tests

It is recommended that children get a vision screen prior to beginning school.

Safety

*no smoking in home or car or around child

*car seat before 40lbs; booster seat 40lbs and higher

*never leave child unsupervised around water

*teach child not to approach strange dog

*discuss fire plan for escape from home

*bicycle and rollerskating/rollerblading safety

*never leave child alone in car or home

*if there are guns in the home, ensure that they are locked up and ammunition is locked up and stored separately; use a trigger lock as well

*teach pedestrian and playground safety skills

*teach children safety rules regarding strangers

*teach child about “good touch”/”bad touch”

*provide for sun protection

Please bring your child’s shot records to every well baby appointment or physical.

Appointment Line: 526-2273/524-2273

Pediatric Clinic front desk 526-7653.

Poison Control * 1-800-222-1222