

Ht:

Date:

Wt:

BMI:

4-6 YEAR VISIT

Is it really almost time for them to head off to school? It all happens so fast.

Development

1. Heavily sleeping children will commonly need pullups to prevent nighttime accidents during these years. Promote accountability by having your child clean up wet sheets and empty trashcans filled with pullups.
2. Two dental visits a year, and encourage brushing twice daily with mouth rinsing and flossing every evening.
3. Limit screen time and smart phone/tablet use. Excessive screen time clearly impacts obesity rates in this country. We limited understanding on the impact of these devices on the developing brain. Go enjoy the latest family movie. Have fun playing appropriate games on your tablet. Incorporate these technologies to your advantage, but don't let them become a significant part of your everyday routine with your child.
4. Your child should begin to recognize letters and numbers. Many will learn to write their name and read simple books. Remember, MOST kindergarteners are not reading and a significant number of children don't actually get the hang of reading until deep into second grade. Please keep reading fun and pressure free with your child.
5. Continue to maintain a regular bedtime routine. Children these ages need 10-12 hours a night.

Injury Prevention

1. It is best to keep your child in a five-point restraint car seat for as long as you can. Most seats go up to 60-100 lbs, so don't move to a booster until as old as possible. Booster seats can be used once your child gets to 5 years AND 40 lbs, but the "baby seat" remains the safest place for your child. Remember, riding in the car is the most dangerous thing your child does every day.
2. Water and choking safety remain significant risks to your child. If you need a handout about safety tips, please ask.
3. Just because your child has learned to swim does not mean he is ready to be unsupervised! NEVER trust your child around water because it only takes a few seconds.
4. Keep firearms unloaded in a locked case. Keep ammunition stored separately.
5. Continue to talk to your child about not following strangers and about not accepting touching they do not like by others. Do not make your child hug or kiss people when they do not want to. Play "what if" games to teach your child about dealing with strangers. For example, "what if someone wanted you to help them look for a puppy in the woods?" See what your child would do. Teach your child what he/she should do in these situations. Teach them where their "private parts" are and that private parts are *private*.
6. Keep buying helmets! Use them for all wheeled vehicles, including scooters.
7. Have a fire escape plan for your home. Teach your child the plan and have regular fire drills. Include a designated place to meet after leaving your home in your fire escape plan.
8. Begin teaching your child his/her name, address and telephone number in case your child gets lost.

Nutrition

1. Obesity is a significant health threat. Continue to focus on healthy snacks with plenty of fruits and veggies. Limit drinking calories. Sugary drinks are completely unnecessary at this age and a very easy habit to break. That is not the case as your child gets older.
2. Here are some easy rules to remember: 5-2-1-0
 - FIVE servings of fruits/veggies a day
 - Less than TWO hours of total screen time a day
 - ONE hour of outdoor activity a day
 - ZERO calories from sugary drinks
3. Be sure that you understand your child's growth chart.

Next Visit

At the five-year visit, we will poke your child's finger and have them urinate in a cup. Prepare them for this as you see fit. Letting them know that we have to make sure their blood is healthy and their kidneys are working will sometimes help to alleviate any anxiety. !!!Don't forget to get a flu vaccine yearly!!!



PARENTS,

Every year during Fire Prevention Week (FPW), the National Fire Protection Association (NFPA) sounds the alarm about keeping our homes and our kids safe from fire. FPW 2015 — October 4–10 — teaches kids the importance of having working smoke alarms in the bedroom.

Location matters when it comes to your smoke alarm. Did you know that roughly half of home fire deaths result from fires reported at night between 11 p.m. and 7 a.m. when most people are asleep? That's the message behind this year's Fire Prevention Week campaign, "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm!"

As a family, complete the Fire Prevention Week Checklist. If all boxes are checked, CONGRATULATIONS. If there are some boxes not checked, work together to help fix the problem.



FIRE PREVENTION WEEK CHECKLIST

- ☐ Do you have working smoke alarm on every level of your home?
- ☐ Do you have working smoke alarms inside every bedroom?
- ☐ Does a grown-up test your smoke alarms at least once a month?
- ☐ Do you know the sound of your smoke alarms?
- ☐ Are your smoke alarms less than 10 years old? (Look on the back of smoke alarms for the date. If they are more than 10 years old, you need new ones.)
- ☐ Does your family have a home fire escape plan?
- ☐ Do you know two ways out of every room?
- ☐ Does your plan have an outside meeting place?
- ☐ Does your family have a fire drill at least twice a year?
- ☐ Does everyone at home know how to call the fire department once they are outside?
- ☐ Do you get outside and stay outside if the smoke alarm sounds?

Check out sparky.org for more fun!

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