

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.

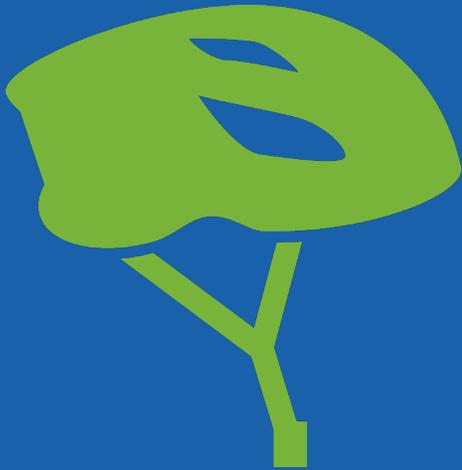
Nutrition

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!!!

GET A HEADS UP ON BIKE HELMET SAFETY



While there is no concussion-proof helmet, a bike helmet can help protect your child or teen from a serious brain or head injury. The information in this handout will help you learn what to look for and what to avoid when picking out a helmet for your child or teen.



START WITH THE RIGHT SIZE:

BRING THE BIKE RIDER

Bring your child or teen with you when buying a new helmet to make sure that you can check for a good fit.

HEAD SIZE

To find out the size of your child's or teen's head, wrap a soft tape measure around his or her head, just above their eyebrows and ears. Make sure the tape measure stays level from front to back. (If you don't have a soft tape measure, you can use a string and then measure it against a ruler.)

SIZES WILL VARY

Helmet sizes often will vary from brand-to-brand and with different models. Each helmet will fit differently, so it is important to check out the manufacturer's website for the helmet brand's fit instructions and sizing charts, as well as to find out what helmet size fits your child's or teen's head size.

GET A GOOD FIT:

GENERAL FIT

The helmet should fit snugly all around, with no spaces between the foam and bike rider's head.

ASK

Ask your child or teen how the helmet feels on their head. While it needs to have a snug fit, a helmet that is too tight can cause headaches.

HAIRSTYLE

Bike helmets are available for riders with long hair. Your child or teen should try on the helmet with the hairstyle he or she will wear while bike riding. Helmet fit can change if your child's or teen's hairstyle changes. For example, a long-haired bike rider who gets a very short haircut may need to adjust the fit of the helmet.

ADJUSTMENTS

Some bike helmets have removable padding or a universal fit ring that can be adjusted to get a good fit.

COVERAGE

A bike helmet should not sit too high or low on the rider's head. To check, make sure the bottom of the pad inside the front of the helmet is one or two finger widths above the bike rider's eyebrows. The back of the helmet should not touch the top of the bike rider's neck.

VISION

Make sure you can see your child's or teen's eyes and that he or she can see straight forward and side-to-side.

SIDE STRAPS

The side straps should make a "V" shape under, and slightly in front of, the bike rider's ears.

CHIN STRAPS

The chin strap should be centered under the bike rider's chin and fit snugly, so that no more than one or two fingers fit between the chin and the strap. Tell your child or teen to open their mouth wide...big yawn! The helmet should pull down on their head. If not, the chin strap needs to be tighter. If needed, you can pull the straps from the back of the helmet to adjust the chin straps. Once the chin strap is fastened, the helmet should not move in any direction, back-to-front or side-to-side.

TAKE CARE OF THE HELMET:

CHECK FOR DAMAGE

DO NOT allow your bike rider to use a cracked or broken helmet or a helmet that is missing any padding or parts.

CLEANING

Clean the helmet often inside and out with warm water and mild detergent. DO NOT soak any part of the helmet, put it close to high heat, or use strong cleaners.

PROTECT

DO NOT let anyone sit or lean on the helmet.

STORAGE

Do not store a bike helmet in a car. The helmet should be stored in a room that does not get too hot or too cold and where the helmet is away from direct sunlight.

DECORATION

DO NOT decorate (paint or put stickers on) the helmet without checking with the helmet manufacturer, as this may affect the safety of the helmet. This information may also be found on the instructions label or on the manufacturer's website.

LOOK FOR THE LABELS:

LOOK FOR A BIKE HELMET WITH LABELS THAT:

- Have the date of manufacture. This information will be helpful in case the helmet is recalled; and
- Say U.S. Consumer Product Safety Commission (CPSC)¹ certified. That label means that the helmet has been tested for safety and meets the federal safety standard.

Some bike helmets may also have a label stating that they are ASTM², Snell³, or ANSI⁴ certified. These labels let you know that the helmet has also passed the safety tests of these organizations.

¹ U.S. Consumer Product Safety Commission: www.cpsc.gov

² American Society for Testing and Materials: www.astm.org

³ Snell Memorial Foundation: www.smf.org

⁴ American National Standards Institute: www.ansi.org

Additional Content Reference:

National Highway Traffic Safety Administration: www.nhtsa.gov/Bicycles

WHEN TO REPLACE A BIKE HELMET:

ONE IMPACT

Replace any bicycle helmet that is damaged or has been involved in a crash. Bicycle helmets are designed to help protect the rider's brain and head from one serious impact, such as a fall onto the pavement. You may not be able to see the damage to the foam, but the foam materials in the helmet will crush after an impact. That means that the foam in the helmet won't be able to help protect the rider's brain and head from another impact.

MULTI-USE HELMETS:

Some helmet companies have created multi-use helmets for biking, skateboarding, and other activities. Multi-use helmets are designed to withstand multiple very minor hits; however, a multi-use helmet **MUST** be replaced if it has been involved in a serious crash or is damaged. Before your child or teen uses a multi-use helmet for biking, make sure the helmet has a CPSC label certifying it for biking.



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TO LEARN MORE GO TO >>WWW.CDC.GOV/TraumaticBrainInjury

HEADS UP