

Ht:

Date:

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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 Them Moving... Physical Activity for Children and Teens.



**H**abits develop early in life. One of the best habits we can help our children develop is daily physical activity. Not just sports like soccer, basketball, or baseball, but activities such as outdoor play, walking to the store, or riding a bike. Too many children spend a large amount of time in front of a TV, computer, or playing video games. Parents and care givers need to encourage children to do daily physical activity. The benefits of physical activity include a decreased risk of chronic disease, improved physical development, and a feeling of well-being. Regular activity will also help children maintain a healthy weight. Most important, being physically active early in life helps to develop a lifelong commitment to being active.

## Exercise Guidelines for Youngsters

Children should be active for 30 to 60 minutes almost every day. Just like adults, they do not need to get all of this activity at once. In fact, children are usually active in short bursts. Total active time for the day should add up to at least 30 to 60 minutes.

As children get older and move into their preteen and teen years, the intensity and duration may increase. Ideally, the activity should last for 20 minutes without stopping a minimum of 3 or 4 days a week. Unfortunately, as girls become teenagers their activity usually decreases. They may need special encouragement. Activities such as walking, basketball, tennis, swimming laps, soccer, dancing, biking and skating are all good choices.

## Promote Physical Activity

Physical activity is FUN! Children at play are living proof of this. Remember when we were children. We didn't want to come inside at the end of the day; we were busy having fun! The love

of activity must be passed down to the next generation. The best way for us to get young people to be physically active is to be good role models and to be physically active ourselves. If parents and care givers enjoy being active, children are more likely to enjoy it as well.

Family involvement is very important. Help everyone stay active. Decrease how much time the family spends watching TV, playing video games or working on the computer. Do something active together instead. An additional benefit may be improved family relationships.

Healthy eating goes hand in hand with physical activity to promote a life time of health and well-being.

### Tips to Get the Family Moving

- ◆ Help everyone to find something active that makes them feel successful.
- ◆ Use physical activity rather than food as a reward: for example, "After you clean your room we can go to the park."
- ◆ Spend as much time as possible outdoors.
- ◆ Encourage your school board to make physical education a priority.
- ◆ If it's possible and safe, walk instead of drive to and from school, the grocery store, a park, the library, etc.
- ◆ Learn what free and low-cost physical activity areas are located near your home, for example, parks, hiking trails, bike trails, swimming pools, tennis courts, etc.
- ◆ Rake leaves...and then jump in them!

◆ Visit farms throughout the year where you can pick your own strawberries, peaches, or apples.

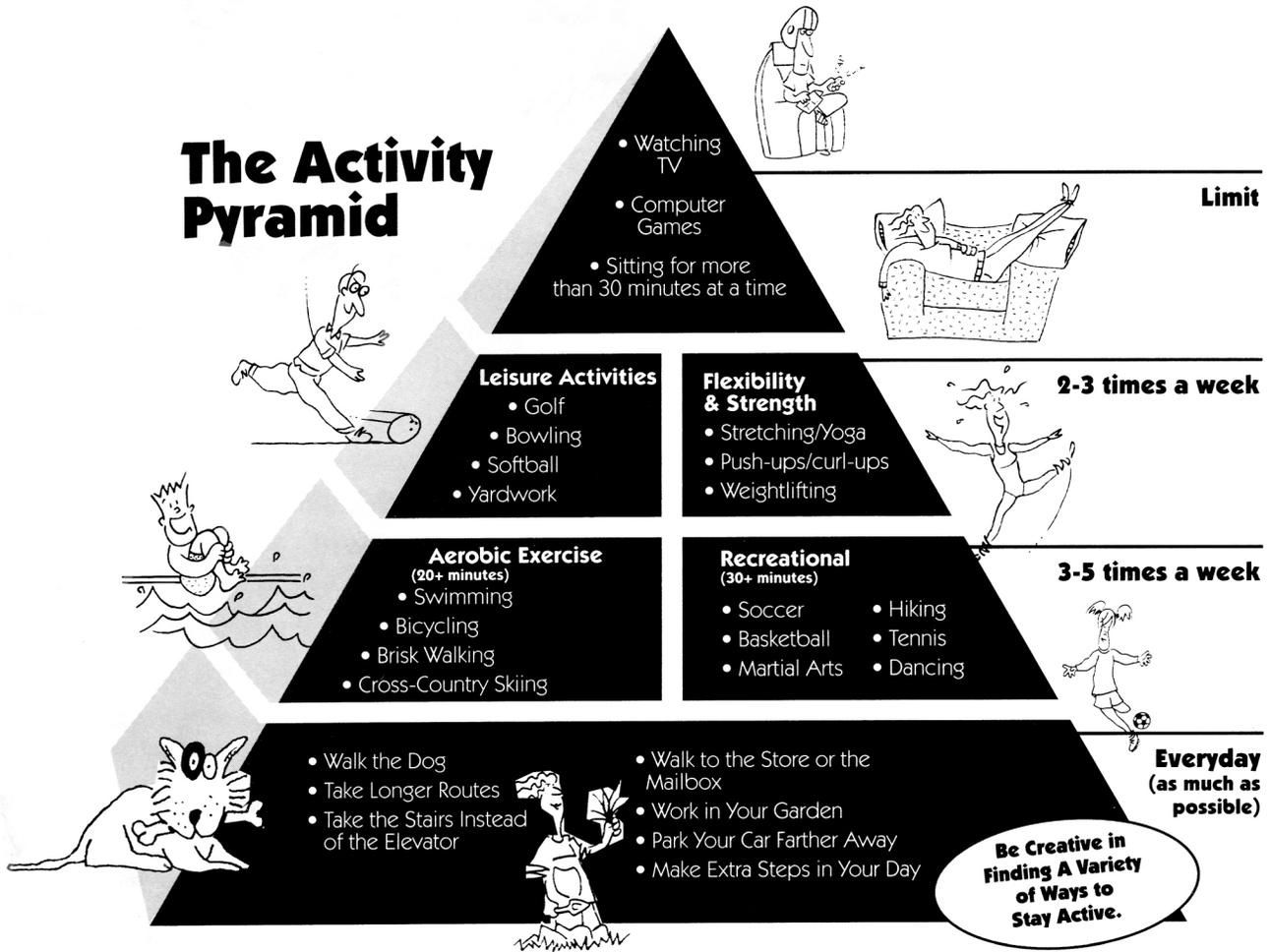
- ◆ Take the family pet for a walk.
- ◆ Invent a new dance and name it after the family.
- ◆ Play twister or other indoor active games.
- ◆ Get everyone to act out a story as you read it.

These are just a few ideas -- check out the Activity Pyramid on the back for more.

### Additional Reminders

- ◆ Be sure your child is drinking enough fluids before, during, and after physical activity.
- ◆ Always use appropriate safety equipment, especially helmet for bike riding, skateboarding, and skating.
- ◆ Ensure adult supervision where needed, especially activities in or near water.

# The Activity Pyramid



*If you have diabetes, heart disease or other chronic diseases, talk with your doctor about the right exercise program for you.*