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4 YR WELL CHILD VISIT

DATE _____ WT _____ HT _____

DIET

- encourage good eating habits
- offer nutritious snacks
- allow child to help in simple meal preparations
- have pleasant atmosphere at mealtimes
- brush teeth daily and keep routine dental visits

DEVELOPMENT

- more coordination and better balance
- can usually dress self without help except tying laces
- probably ready for school program if:
 - plays well with other children
 - follows simple directions and rules
 - can wait his turn
 - dresses self
 - is able to separate from parents easily
- encourage reading
- work on writing their own name, recognizing letters, numbers, shapes, and colors

GUIDANCE

- provide support, attention and enthusiasm for child's abilities and achievements
- set up award system for simple chores/good behavior
- time out can still be effective, but logical consequences/restriction of privileges also starts being effective at this age
- limit TV, video games, computer games to 2 hours/ day total
- NO TV IN THE KID'S ROOM

SAFETY

- bike helmets mandatory; NO NEGOCIATION no helmet = no bike riding
- swimming lessons
- teach animal/water safety
- teach stranger safety
- teach child home phone number, street address and how and why to use 911

YOUR CHILD SHOULD HAVE RECEIVED THE FOLLOWING VACCINES BY THE TIME THEY ENTER SCHOOL:

- 5 DTaP
- 4 IPV
- 2 MMR
- 3-4 HIB
- 3 HEP B
- 2 HEP A
- 2 VARICELLA (chicken pox)
- 4 Prevnar
- 2 Rotarix (Rotavirus)