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4 YEAR EXAMINATION

1. Nutrition: Create a pleasant atmosphere at mealtimes. Include your child in family conversations. Offer small portions of food; include fruits and vegetables. Allow child to choose how much to eat.
2. Seat belts: Your child must remain in a car seat until he/she weighs 40 pounds and is 5 years old. After that belt positioning boosters are required until 8 years old. Never drive with an unbelted child in the car. Set a good example for your child by always wearing your seat belt too! Never seat a child under twelve in front of an air bag.
3. Injury Prevention: Accidents account for 40% of deaths in this age range. Automobiles, fire and drowning account for most fatalities. Children are safest in the back seat. Teach children about seat belts, matches, and swimming safety. This is a good age to start swimming lessons. Use smoke detectors. Develop a fire escape plan. Enforce the wearing of bicycle helmets.
4. Development: Four year old children usually have a large vocabulary. They can generally jump and hop and have much better balance than three year olds. Most can dress themselves. They begin to imitate adults and are expert at embarrassing their parents. They are much more likely to misbehave at home than in public and prefer their four year old friends to brothers and sisters and parents. They are generally curious about everything including body parts, body functions, and death. Short explanations satisfy them. Start teaching your child his/her full name, address and phone number.

Limit television, computer and video game viewing to no more than two hours per day. Choose educational programs. Avoid violent or sexual content. TV violence can make children behave more aggressively, increase fearfulness of becoming a victim or they may become desensitized to violence. If children do see violent shows explain how the violence is “faked,” that it really hurts and that there are serious consequences.
5. Discipline: Set clear rules and limits. Both parents should agree on rules and consequences. Praise good behavior. Many children this age will respond to positive feedback systems such as sticker charts for problem behaviors. Start to give simple chores to develop feelings of competence.
6. Guns: If you have no guns in your home, do not buy any. If you do have guns, keep them locked in a secure cabinet, with the ammunition in a separate secured location.
7. Sleep: Continue with consistent bedtime and routine. Don't forget to brush teeth. Most children enjoy bedtime stories.

8. Medication:

	<u>Acetaminophen</u> (Tylenol, Tempra) 160mg/5cc	<u>Ibuprofen</u> (Motrin, Advil)100mg/5cc
<u>Weight</u>	Every 4 Hours	Every 6 Hours
12-17 lbs	1/2 tsp (80mg)	1/2 tsp (50 mg)
18-23 lbs	3/4 tsp (120 mg)	3/4 tsp (75 mg)
24-35 lbs	1 tsp (160 mg)	1 tsp (100 mg)
36-47 lbs	1 1/2 tsp (240 mg)	1 1/2 tsp (150 mg)

9. Stranger Danger: Please start discussing strangers with your children if you have not already done so. Define what a stranger is, and how to deal with one in any number of situations

10. Food Rules For Children Age 1 and Up

Scheduling

- Regular mealtimes, only planned snacks
- Mealtimes no longer than 30 minutes
- Nothing offered between meals except water

Environment

- Neutral atmosphere
- Sheet under the chair
- No game playing
- Food is never given as a reward

Procedures

- Small portions
- Solids first, fluids last
- Self-feeding encouraged as much as possible (finger feeding, holding spoon.)
- Food is removed after 10-15 minutes if child is only playing without eating
- Meal is terminated immediately if child throws food in anger
- Wiping the child's mouth and cleaning up occurs only at end of meal.

IMMUNIZATIONS: Your child may receive DtaP, IPV, MMR and Varicella vaccines today.

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.
www.theparentconnectionaz.org.
- Child and Family resources offers information about available child care.
www.childfamilyresources.org.
- The American Academy of Pediatrics has a web site:
www.healthychildren.org.

NEXT VISIT: 5 Years of age