

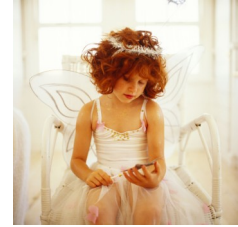


4 Year Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

(215) 525-8600

pediatrics@fight.org



What will happen today:

- ◆ You and your medical provider will talk about parenting, your home, your child's health and safety, and keeping your child happy and healthy
- ◆ Your child may receive shots
- ◆ Check your child's hearing and vision
- ◆ Talk about how your child plays with others and their readiness for school
- ◆ Talk about your child's speech and behavior



Development

Things your child should be able to do:

- ◆ Movement—Hop on one foot. Balance on one foot for 2 seconds
- ◆ Hand Skills— Draw a person with 3 body parts. Stack tower of 8 cubes. Copy a cross and a circle
- ◆ Language—Speak in 5-6 word sentences and others are able to understand the child's speech, define 5 words, name 4 colors
- ◆ Social—Pretend play
- ◆ Emotional—Does not always know difference between real and pretend

4 Year Old Booster Shots:

- ◆ DTaP—Diphtheria, Tetanus, & Pertussis
- ◆ IPV—Polio
- ◆ MMR—Measles, Mumps, & Rubella
- ◆ Varicella—Chicken Pox
- ◆ Your doctor will discuss these vaccines, and you will receive an information sheet about each from your medical assistant

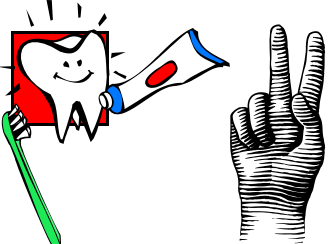
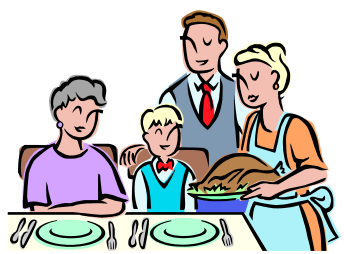



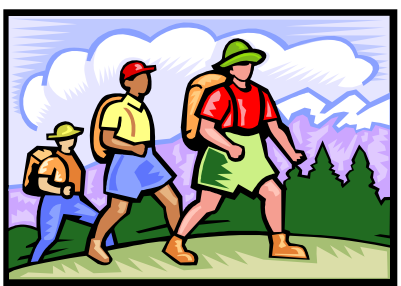
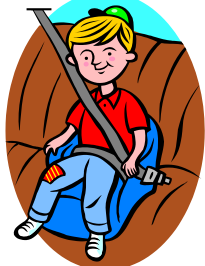

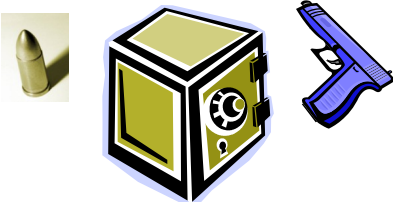





Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 4 Year Olds

<p>Personal Habits</p>	 <p>Help your child brush their teeth twice a day</p>	 <p>Have meals at the table without the TV</p>	 <p>Have a nightly bedtime routine that is calm. Tell stories and read</p>
<p>Physical Activity</p>	 <p>Limit TV , video games, and computer time to 2 hours per day</p>	 <p>Be active as a family, and never leave your child alone outside</p>	 <p>Take part in community activities</p>
<p>Safety</p>	 <p>Use a booster seat until your child is 4 feet 9 inches, and 8 years old</p>	 <p>Teach your child about their own body and safety with other adults</p>	 <p>Remove all guns. If guns are in the home, lock them away from reach and keep separate from ammunition</p>
<p>School Readiness</p>	 <p>Sign your child up for preschool, Head Start, or community programs</p>	 <p>Allow your child to play with others and teach them about others' feelings</p>	 <p>Encourage your child to read</p>

At the next visit:

- Your child will have a physical exam
- They may receive shots

