

4 Years

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____

Vitamins: _____ Milk: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Getting Ready For School:

- Read books together each day and ask your child questions about the stories.
- Take your child to the library and let him/her choose books.
- Give your child plenty of time to finish sentences.
- Model apologizing and help your child to do so after hurting someone's feelings.
- Ask your child to tell you about his/her day, friends, and activities.
- Praise your child for being kind to others.
- Help your child express his/her feelings.
- Give your child the chance to play with others often.

Your Community:

- Use correct terms for body parts as your child becomes interested in how boys and girls differ.
- Know that help is available if you don't feel safe.
- Teach your child about how to be safe with other adults.
 - No one should ask for a secret to be kept from parents.
 - No one should ask to see private parts.

Accident Prevention:

- Continue to use an approved car safety seat.
- Poison Control # 800-222-1222.
- Never leave your child alone in the car, house, or yard.
- If there is a gun in the home, make sure it is stored unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in the homes where your child plays. If so, make sure they are stored safely.
- Your child is too young to cross the street alone.
- Supervise play near streets and driveways.

Healthy Habits:

- Have relaxed family meals without TV.
- Create a calm bedtime routine.

Healthy Teeth:

- Help your child brush teeth twice a day. After breakfast and before bed.
- Use a pea sized amount of toothpaste with fluoride.
- Your child should visit the dentist at least twice a year.

TV and Media:

- Be active together as a family often.
- Limit TV time to no more than 2 hours per day.
- Discuss the TV programs you watch together as a family.
- No TV in the bedroom.
- Create opportunities for daily play.
- Praise your child for being active.

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