

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Four (4) Year Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Nutrition

Your child should always be a part of the family at mealtime. This should be a pleasant time for the family. Give small portions of food to your child if he is still hungry, let him have seconds. Selecting foods from all food groups (meat, dairy, grains, fruits and vegetables) is a good way to provide a balanced diet. It is common for children not to eat well on a day to day basis. Try to serve a well balanced diet over a few weeks; generally, that is sufficient.

Development and Discipline

At this age, children usually become more cooperative in their play with other children. They are curious and imaginative.

Allow privacy while your child is changing clothes or using the bathroom. When your child starts wanting privacy on his own, let him know that you think this is good.

Breaking rules occasionally is common at this age. Making children stand in a corner by themselves for four (4) minutes is usually an effective punishment. If you have questions about behavior, ask your doctor.

It is important to set rules about television watching. Limit total TV time to 1 to 2 hours per day. Watch television with your child. Ask you child questions about what the characters were doing and how they were feeling. Children should not be allowed to watch shows with violence or sexual behaviors. Find other activities you can do with your child. Reading, hobbies and physical activities are good alternatives to TV.

It is common for children this age to become curious about their bodies. Touching his/her private area is a common occurrence. Tell your child that it is okay for him to touch himself, but to do it in the bathroom or bedroom.

Dental Care

- Brushing teeth regularly after meals is important. Think of a way to make it fun
- Make an appointment for your child to see the dentist
- If your child sucks his thumb, ask your dentist for advice on how to help him stop

Car Safety

- Never leave your child alone in a car
- Everyone in a car must always wear seat belts or be in an appropriate booster seat or car seat

Immunizations

Your child may receive one (1) or more shots today. After a shot, your child may run a fever and become irritable for about a day. Your child may also have some soreness, redness, and swelling where a shot was given. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. If redness increases or fever occurs, call us for an appointment. For fever and/or pain, offer _____ mg acetaminophen (Tylenol) every 4 to 6 hours as needed.

Call Us Immediately If:

- Your child has a fever over 105° F (40.5° C)
- Your child has a severe allergic reaction beginning within two (2) hours of the shot (for example, hives, wheezing or noisy breathing, swelling of the mouth or throat)
- Your child has any other unusual reaction

Next Visit

A once a year checkup is recommended. Be sure to check your child's shot records before starting school to make sure he or she has all required vaccinations.