

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ ( \_\_\_\_%) Height \_\_\_\_\_ ( \_\_\_\_%) BMI \_\_\_\_\_ ( \_\_\_\_%)

Blood Pressure \_\_\_\_\_

## Diet

- At this age, it is important to provide a variety of foods, including 3-5 servings of fruits and vegetables a day and 3-4 servings of dairy a day.
- Avoid junk food and fast food.
- Children do not need juice.
- Do not eat in front of the television, and eat meals as a family.
- Picky eaters are common – do not fight over food. Continue to offer a healthy meal with variety.
- Involve your child in food preparation.

## Safety

- Encourage outdoor play • Kids age 2-5 should have no more than one hour a day of high-quality programming. For all kids under 5, all programming should be viewed together so that parents can explain to the kids what they are seeing.
- Brush teeth twice daily using a pea-sized amount of fluoride toothpaste, and schedule dental appointments every 6 months.
- Use sunscreen and bug spray.
- Children who have outgrown the rear-facing weight or height limit for their convertible seat should use a forward-facing seat with a 5-point harness for as long as possible, up to the highest weight or height allowed by their car safety seat manufacturer. Many seats can accommodate children up to 65 pounds or more. If your child outgrows a seat before reaching 4 years of age, consider using a seat with a harness approved for higher weights and heights. After they have outgrown their car seat, they should be in a booster seat in the back of the car until they are 4 feet, 9 inches tall. Kids should be in the back seat until age 13.
- Use helmets and safety gear on bikes, skates, scooters, skateboards, skis, snowboards, and horses. Parents should wear helmets too!
- Keep guns under lock and key, separate from ammunition.
- Poison Control: 1-800-222-1222

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### Sleep

- Some children this age still need a nap.
- Continue your bedtime routine and allow your child to fall asleep alone.
- Resistance to bedtime at this age is very common, but be consistent!
- Nightmares or night terrors are common at this age.

### At this visit

Typical immunizations at age 3: Influenza when in season

Typical immunizations at age 4: Kinrix (DTAP, polio); Proquad (MMR, varicella); Influenza when in season

Other preventive health: Fluoride varnish applied every 6 months\*

\*Per provider discretion

**Return in 1 year for your next well child visit!**

### Development

- Children at this age commonly develop fears, which can protect them from danger. Acknowledge the fear, but don't encourage it! You can alleviate fear within reason (for example you can buy a night light for your child's bedroom).
- Children at this age have a lot of imagination, have imaginary friends, and are quite creative!
- Keep your child busy, as discipline problems usually arise out of boredom.
- It is appropriate to assign chores to your child at this age.
- Consider enrolling your child in preschool. This is an important time to learn peer relationships.
- Encourage sharing and taking turns.

#### **At age 3, your child should begin to:**

1. Learn to balance on one foot and hop on one foot.
2. Copy a circle, a cross, and use blunt scissors.
3. Draw a 3-part person.
4. Strangers can understand 3/4 of what they say.
5. Have a concept of numbers, name some friends, and name 4 colors.
6. Give their first and last name.
7. Dress, brush his/her own teeth, put shoes on, play simple board games.

#### **At age 4, your child should begin to:**

1. Walk heel to toe, somersault, use training wheels (wear a helmet!).
2. Dress and undress, use the toilet by her/himself.
3. Recall and tell stories.
4. Count 5 objects, draw a 6-part person, copy a square, identify opposite.
5. Want to please parents, and want to be like his/her friends.
6. Distinguish reality from fantasy.
7. Language should be completely understandable.
8. Discuss "good touch" and "bad touch."

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