

Age: 4 years old

NUTRITION

Mealtime should be a fun experience for the entire family. Your child should be feeding himself completely on his own. Be sure to give foods from all food groups and limit snacks to healthy ones. For food suggestions check out the following web site: www.mypyramid.gov. If your child chooses not to eat the prepared meal, do not give him/her another choice. This will help discourage "picky eaters". Children will eat when they are hungry.

DISCIPLINE

4 year olds challenge limits and break rules occasionally. Try to "catch your child being good" and tell him/her that you are very proud of his good behavior. Use 4 minute "time-outs" as needed for unwanted behavior. Be consistent with discipline and don't make threats that you cannot carry out.

DEVELOPMENT

Your child's speech should be fully understood by strangers. Children this age play more cooperatively with others. They are curious and imaginative. They sometimes request privacy when changing clothes or using the bathroom. This is normal behavior. Limit TV time to 1-2 hours per day.

DENTAL CARE

Brush your child's teeth after every meal, at least twice a day. Games make this activity more fun. Schedule appointments for yearly dental visits.

SAFETY

Accidents are the number one cause of death in children. To promote safety for your child:

1. Always use an approved car booster seat or seat belt. The American Academy of Pediatrics recommends all children 8 years and under use a booster seat. Car seat laws vary by state, so if you are traveling, check the requirements in that area.
2. Don't smoke around the children.
3. Never leave your child unattended around standing water of any kind.
4. Keep the poison control center number by the phone (1-800-222-1222).
5. Check your smoke detectors and fire extinguishers routinely.
6. Teach your child the first and last names of family members.
7. Teach your child to never go anywhere with a stranger.
8. Do not allow your child to be near knives, power tools, mowers, or guns.
9. Never ride a bicycle in the street without a helmet.

IMMUNIZATIONS

Your child will receive vaccines today. They may include: DTaP (diphtheria, tetanus, pertussis), Polio, MMR (measles, mumps, rubella), VZV (chicken pox), and Hepatitis A.

FEVER

There is no "emergency room" fever. No specific temperature should carry you directly to the ER. Fever is our body's way of fighting infection. It is a natural reaction that helps us. At the same time, it can make you feel miserable. If your child has a fever AND is feeling poorly, then it is important to

give Tylenol or Ibuprofen to bring the fever down and make him/her feel better. You can also try a lukewarm bath to bring down the temperature if needed.

TYLENOL (acetaminophen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
24-35 pounds	infant drops	2 droppers	4-6 hours
	children's liquid	1 tsp.	4-6 hours
36-47 pounds	children's liquid	1 ½ tsp.	4-6 hours
	chew tablets (160mg)	1 ½ tabs	4-6 hours
48-59 pounds	children's liquid	2 tsp.	4-6 hours
	chew tablets (160mg)	2 tabs	4-6 hours

ADVIL/MOTRIN (ibuprofen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
24-35 pounds	infant drops	2 droppers	6-8 hours
	children's liquid	1 tsp.	6-8 hours
36-47 pounds	children's liquid	1 ½ tsp.	6-8 hours
	chew tablets (100mg)	1 ½ tabs	6-8 hours
48-59 pounds	children's liquid	2 tsp.	6-8 hours
	chew tablets (100mg)	2 tabs	6-8 hours

WHEN TO CALL

You should call the doctor if your child develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

NEXT VISIT

Your child's next appointment should be at 5 years of age.

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