



# Wellness Check Informational Handout

## 3-5 Year Check-Up

### Immunizations

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The following vaccinations will be provided today as long as your child is up-to-date on their vaccines:

#### 3 Year:

##### Recommendations:

- Lead Questionnaire
- TB Questionnaire
- Spotvision
- ASQ - Developmental Screening
- Dental Referral
- Dental Fluoride Varnish

#### 4 Year:

Daptacel (DTap #5)	IPol (Polio #4)	MMR #2	Varivax (Chickenpox #2)
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##### Other Recommendations:

- Lead Questionnaire
- TB Questionnaire
- Spotvision
- Hearing
- ASQ - Developmental Screening
- Dental Referral

#### 5 Year:

##### Other Recommendations:

- Dental Referral
- Lead Questionnaire
- TB Questionnaire
- Snellen - Vision Screening
- Hearing
- PSC-17 - Emotional/Behavioral Screening

It is common for children to experience some discomfort from today's vaccines.

The following are **NORMAL** side effects:

- Soreness, redness, swelling, tenderness where shot is given
- Fever (usually low grade)

For **relief**, you may apply ice pack for up to five minutes at a time throughout the day for the first 24 hours and give Tylenol (see dosage chart on well check card).

**Should your child experience:** Streaking at the site of injection, difficulty breathing, hoarseness, wheezing, swelling of the throat, weakness, fast heartbeat, dizziness, or hives **CONTACT OUR OFFICE IMMEDIATELY.**

## Nutrition

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The basic eating habits that your preschooler develops will likely stay with him the rest of his life. Parents need to be the proper role models in both their food selection & amount of food they consume. Excessive high fat & high sugar foods need to be limited. Patterns of overeating are generally learned. Even so, many parents worry that their children are not getting "enough" to eat. Here are some guidelines to help you make sure that your child gets enough, but not too much:

- Offer appropriate portions of food at meals. Seconds should be half portions & given only if requested
- Limit snacks to 2 a day, stressing healthy items rather than soft drinks (liquid candy), candy, pastries, & salty or greasy items. Examples of nutritious snack foods: fruit, carrot/celery, yogurt, toast, crackers, or low-fat cheese.
- Do not use food as a reward for good behavior.
- Have fruit out in the open in your kitchen for snacks. Have a day's supply of fresh fruit such as oranges, plums, peaches, or apples readily available. Keep sliced pineapple, melons, or mangos in containers in the refrigerator.
- Make sure your child is hungry or thirsty when he asks for a snack or drink. If attention is wanted, talk or play with him, but do not use food to pacify.
- Do not allow him to eat while playing, listening to stories, or most of all while watching television. You do not want to train your child to eat every time he watches a video or television. Television watching & the junk food advertising on TV can be serious obstacles to good nutrition. Children are very receptive to ads for sugary cereals & sweets. To combat these influences, keep you home as "clean" of these foods as possible. Stock up on low-fat, low-sugar, low sodium snacks & foods and reserve sweets for special occasions. Monitor your child's TV watching. We suggest restricting TV or video exposure to an hour or less a day.

- Do not worry if your child's food intake is inconsistent. On days that your child is not particularly active, his appetite will be decreased. A child may refuse to eat as a means of exercising control. Even at the height of negativity, rest assured that your child will not starve himself. If a marked decrease in appetite persists for more than a week or there are other signs of illness such as fever, nausea, diarrhea, or weight loss, your child should see his provider.
- Provide a variety of whole grain foods, such as breads & cereals. Whole grain foods have more fiber and natural nutrients than foods made from white flour. At least half of your child's daily grains should be whole grains.

### Dietary Guidelines:

The USDA 2015-2020 Dietary Guidelines recommend a shift to a healthy diet that includes:

1. Nutrient dense foods such as a variety of fruits, vegetables, whole grains, & fat-free or low-fat milk and milk products.
2. Lean meats, poultry, fish, beans, and eggs.
3. Decreased intake of saturated fat, trans fats, cholesterol, salt & added sugar.
4. Half of grains offered should be whole grains.
5. Drink water instead of sweetened drinks or juice, and switch to fat free (skim) or 1% milk.

The U.S Department of Agriculture publishes dietary guidelines of foods important for a healthy, balanced daily diet. The following is a modification of the 2015-2020 USDA dietary guidelines for a child aged 4 years.

Food Group	Daily recommendation	Tips
Grains (at least half should be whole-grain)	4-6 ounces	One ounce is considered: a slice of bread a cup of dry cereal 1/2 cup of cooked rice, pasta, or cereal
Vegetables (eat more dark green & orange vegetables, and dry beans and peas)	1.5-2.5 cups (vary your veggies)	One cup is considered: a cup of cooked or raw vegetables or a cup of vegetable juice 2 cups of green leafy vegetables 1 cup of cooked dry beans or peas
Fruits (eat a variety of fruits, NOT more than 8 oz. of fruit juice a day)	1-2 cups	One cup is considered: a cup of fruit 1/2 cup of dried fruit 4 oz of 100% fruit juice
Milk and Milk Products (preferably low-fat)	2.5-3 cups	One cup is considered: a cup of milk or yogurt 1 1/2 ounce of natural cheese 2 oz of processed cheese
Meat and Beans	3-5 ounces (4oz is about the size of a deck of cards)	One ounce is considered: 1 oz of meat, poultry or fish 1/4 cup of cooked dry beans one egg - a tablespoon of peanut butter

### Is Your Child Overweight/Obese?:

With the prevalence of childhood obesity increasing at alarming rates in the United States, this is an important question for you & your provider to discuss at your child's well visit. Obesity is associated not only with significant health problems during childhood, but it is also a risk factor for medical problems in your child's adult life. Medical problems that can be seen in obese children include high cholesterol, high blood pressure, diabetes, obstructive sleep apnea, depression, & low self esteem. Obesity also increases the incidence of cancer in adults. Body mass index (BMI) is widely used to help define overweight & obese children. It is the most effective tool to assess overweight children because it correlates with body fat. It is a ratio of weight to the square of height and varies for age and gender. A BMI between the 85th and 95th percentile for age & sex is considered overweight, and a BMI above the 95th percentile is considered obese. BMI will be calculated at your child's well visit. Please discuss any concerns with your doctor.

# Development

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## Social:

Four years is often a difficult age. Many parents are reminded of the earlier struggles they experienced when their child was two. This year is characterized by generally “out-of-bounds” behavior. The emotional highs & lows are often extreme-- secure & bragging one moment and insecure & whining the next. Many 4 year-olds have a poor sense of property. Possession means ownership. Many 4 year-olds have a tremendous imagination. You may hear “tall tales” about “monsters” & “dragons.” Children at this age are often trying to distinguish fact from fantasy and their fantasies sometimes get out of control. All of these behaviors & thinking patterns will help your child build a secure foundation as he emerges into the world of kindergarten.

## **Tips:**

- Help your child have a “social life.” Encourage friendship by arranging playtimes & inviting playmates to your home. These friends are not just playmates; they will influence thinking & behavior. You still need to supervise and at times provide guidance during play.
- If your child challenges your authority, express disapproval, but try not to be emotional. If calm disapproval doesn't work, a “time-out” is the most effective form of discipline. Always make sure that he understands that you disapprove of a particular act that he has done, not that he is bad. Describe what he did wrong. Clearly separate the behavior from the person. Try not to get upset yourself.
- Give your preschooler tasks that he can perform & then praise him (i.e. helping set the table & putting his toys away)
- When you go on a family outing, explain that you expect him to behave well. Be sure to congratulate him when he does so.
- Be realistic in your expectations. A 4 year-old will involve his body as well as his mind in his play & his daily life. If you want your 4 year-old to be quiet & still for more than a minute or two, provide a quiet activity such as a coloring book or a favorite book to “read.”
- Tell him that you are proud when he shares or is helpful to another youngster.

Limit TV & video time to 1 hour or less a day. Studies have shown that children tend to imitate what they watch on TV, so do not allow violent or age-inappropriate programs during the time your 4 year-old is watching TV. It is not too early to explain the difference between a cartoon character & real people. Watch TV with your child & talk about how the show mimics or does not mimic reality. **Do not have a television in your child's room.**

## Language:

Around the age of four, language skills bloom. Their pronunciation improves, although f,v,s,z,sh,l,th, and r may remain difficult for another year or so. Sentences are relatively complex & may contain 8 or more words. He will elaborate on events, dreams, and fantasies.

## **Tips:**

- Continue to read to your child at least ½ hour a day. Make story time a fun & pleasurable time for your child. Use this time to enjoy each other. You can also use stories to teach social lessons.
- Teach your child to show respect through language, such as saying “please” and “thank you.” Set a good example. Encourage respectful communication between family members.
- Teach your child songs, limericks, and simple poems. Not only will your child learn new language skills, but this may offer your child another verbal outlet if he is prone to constant “chatter.”

## Gross Motor (Movement):

Coordination and balance improve rapidly at this age. Motor skills are still way ahead of judgment. Visual tracking skills and reaction time can still be quite slow.

- Play simple ball games involving kicking, throwing, and catching
- Playing on playscapes allows your child to practice his motor skills and use his imagination. Children need time for imaginary play.
- Encourage your child to play outside: swinging, somersaults, skipping, & games that involve hopping or leaping

## Fine Motor (Hand and Finger) Skills:

Fine Motor skills are also improving rapidly at this age. Arts & Crafts become more fun and stimulating at this stage. Provide a broad range of activities and materials. The following activities can help prepare your child for school and provide opportunities for him to be creative.

Provide opportunities for writing, drawing, tracing, & copying geometric patterns.

- Teach simple card and board games
- Paint with brushes or fingers
- Play with clay
- Cut and paste
- Build complex structures with blocks

constant activity is needed to develop coordination and strength. At this age, your child may be able to walk on tiptoe and also to jump in place with both feet. She is also more able to get dressed with help, wash and dry hands with help, and brush her teeth with help. Fine motor skills are also greatly improving at this age. You may notice a trend towards drawing circles rather than scribbling, and trying to imitate what you draw.

Try to set aside times that your child can go outside to run, play, and explore. Join in the fun. Children this age love piggyback rides, rolling, going down small slides, and climbing.

## Safety

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Often injuries happen because parents are not aware of what their children can do. Children learn fast. Before you know it, your child will be jumping, running, riding a tricycle, and using tools. Your child is at risk for injuries from falls, drowning, poisons, burns, and car accidents. Your child does not understand dangers or remember "no" while playing and exploring.

## Water Safety:

Water provides a wonderful source of fun & exercise for children, but it also poses many dangers. You can minimize the risks by following the basic principles of water safety. Since most drowning & water-related injuries occur in or around backyard pools, water safety truly begins at home.

Never leave a child alone in or near water, even for a moment. Constant adult supervision is essential. No body of water, including a wading pool or bath tub, is safe. Children can drown in minutes, even in an inch or two of water. Remember that no child is drown-proof, even if he's had swimming lessons.

If 2 or more adults are present, designate one as the primary supervisor. Keep a phone at the pool side to decrease the need to leave the area while children are swimming. Use Coast-Guard approved personal flotation devices (life-jackets) if boating. Teach your child safe water behavior--no running, pushing, jumping on others, or other horseplay. No diving in shallow water. No swimming alone or in unsupervised areas. Limit pool access.

If you own a pool, enclose it with a 4-sided wall or fence at 4 ½ feet high. Avoid chain-link fences, in which children can climb. Install self-closing & self-locking gates.

Keep toys out of the pool as they attract children to the edge of the pool where they may fall in. Do not leave a pool partly covered, a child could become trapped under the cover. Store all pool chemicals where children cannot reach them. Remove other potential hazards such as electrical equipment & glass. Do not use alcohol in or near a pool or spa.

All parents should learn CPR. Many community organizations, such as the American Red Cross & local hospitals offer courses in CPR. Proper training is essential in an emergency.

### Bicycle Safety:

Safe bicycling starts early. When your child receives her 1st bicycle, teach her bicycle safety. A bike is not just a toy, but a vehicle that is a speedy means of transportation & subject to the same laws as motor vehicles. Set limits on where your child should ride. Until 8 years-old, children should ride only with adult supervision & off the street. **Your child should have a helmet with her 1st bike & be taught to wear it with every ride.** Set a good example, where a helmet also. Children should not ride at dusk or after dark. Check your child's bike frequently to be sure it is in good condition. Adjust seats and handlebars as needed as your child grows.

Helmets save lives and are also crucial when riding a skateboard or scooter.

### Firearms:

Children in homes where guns are kept are in more danger of being shot by themselves, their friends or family members than by being injured by an intruder. It is best to keep all guns out of the home. If you must keep a gun, keep it unloaded & in a locked place separate from the ammunition.

Handguns are especially dangerous. Even if you do not keep a gun, it is important to teach your child about firearm safety. If your child sees a gun in a friend's home that is not secured, instruct your child to leave the house immediately. If your child sees a gun outdoors, instruct him not to touch it and to leave the area immediately and to tell an adult. Accidents can happen even under the most innocent of circumstances.

### Burns:

The kitchen can be a dangerous place for your child, especially when you are cooking. If your child is under foot, hot liquids, grease, & hot foods can spill on him and cause serious burns. Find something safe for your child to do while you are cooking.

Remember that kitchen appliances & other hot surfaces such as irons, ovens, wall heaters, and outdoor grills can burn your child long after you have finished using them. If your child does get burned,

immediately put cold water on the burned area. Then cover the burn loosely. Call your provider for all burns. To protect your child from tap water scalds, reduce the maximum temperature of your hot water heater to 120 F.

Test the batteries on your smoke alarm every month. Change the batteries twice a year such as on Daylight Saving Time and Standard Time change dates.

### Falls:

Because your child's abilities are so great now, he will find an endless variety of dangerous situations at home & in the neighborhood. Your child can fall off play equipment, out of windows, down stairs, off a bike or tricycle, & off anything that can be climbed on. Be sure the area under play equipment is soft enough to absorb a fall. Use a rubber mat, or 12 inches of sand, sawdust or wood chips underneath play equipment.

Lock the doors to any dangerous areas. Use gates on stairways and install operable window guards. Fence in the play yard. If your child has a serious fall, seek medical attention.

### Sun Exposure:

Use broad spectrum SPF 30 or greater when your child is outside for more than a few minutes during the day. Apply sunscreen 15-30 minutes before sun exposure and reapply every hour. Avoid sun during the hours of 10 a.m. to 4 p.m. Sun exposure during childhood increases your child's chance of having skin cancer later in life.

### Poisoning:

Your child will be able to open any drawer and climb anywhere curiosity leads. Your child may swallow anything he or she finds. Use only household products and medicines that are absolutely necessary and keep them safely capped and out of sight and reach. Keep all products in their original containers.

If your child does put something poisonous in his or her mouth, call the Universal Poison control number (1-800-222-1222) immediately. Post this number near your phone. In the case of convulsions, breathing problems, or unconsciousness, call 911. The following information will be important:

- The name of the poison
- The amount ingested
- The time it was ingested
- Any symptoms
- The age and weight of your child

The American Academy of Pediatrics no longer recommends that the syrup of Ipecac (a medication that induces vomiting) be kept at home as a possible home treatment strategy. Recent research has failed to show any benefit for children who were treated with Ipecac.

### Screen Time Recommendations:

Helping children develop healthy media use habits early on is important. The American Academy of Pediatrics recommends the following guidelines:



- For children younger than 18 months of age, use of screen media other than video-chatting, should be discouraged.
- Children ages 18-24 months may be introduced to high quality programming/apps if parents use them together with their children. Children learn best when interacting with parents/caregivers.
- For children older than 2 years, limit screen use to no more than 1 hour per day of high quality programming. Co-viewing with your child is recommended.
- All children and teens need adequate sleep, physical activity, and time away from media. Designate media-free times to be together as a family and media-free zones. **Children should not sleep with electronic devices in their bedrooms, including TVs, computers, ipads and smartphones.**
- Parents are encouraged to develop personalized media use plans for their children taking into account each child's age, health, personality and developmental age. Plans should be communicated with caregivers and grandparents so that media rules are followed consistently.

## Car Safety Recommendations

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Watch your children when they play outdoors. Children do not watch the street while playing. Driveways are also dangerous. Walk behind your car before you back out of your driveway to be sure that your child is not behind your car. You cannot always see your child through the rearview mirror.

Car accidents are a great threat to your child's life & health. Most injuries & deaths from car accidents can be prevented by use of car safety seats. Make sure that your child's car seat is installed correctly. Read and follow the instructions that come with the car seat and the sections in the owner's manual of your car on using car safety seats correctly. For more information about car safety seats and for information about having your seat checked for proper installment call 1-800-252-8255 (Safe Riders Program) or [www.safercar.gov](http://www.safercar.gov). Use the car safety seat every time your child is in a car.

### Safety Seat Guidelines:

Once they have outgrown their 5-point harness safety seat, children 40 to 80 pounds and up to 4 feet 9 inches tall need to be restrained in belt positioning booster seats until they are big enough to fit properly in an adult seat belt. On a child, the adult lap belt can ride up over the stomach and a shoulder belt cut across the neck; in a wreck this can cause serious injury or even death.

## Next Appointment

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During middle childhood, the American Academy of Pediatrics recommends yearly well check appointment. Check out our website for additional resources regarding your child's health.