



4 Year Well Visit

H: _____ %: _____ W: _____ %: _____ BMI: _____ %: _____

Nutrition: Low-fat milk and water are best beverages. Aim for 5 servings of fruit/veggies daily. Avoid sugary foods

Development: Balance and hop on 1 foot, copy a cross and draw a person with 3 parts, count to 10, name at least 4 colors, get dressed with buttons, pedal a bike with training wheels, and speech is understandable.

School: Read books about school, visit the (pre)school and meet the teachers. Volunteer once (or more) if able.

Safety: Use a forward-facing seat with harness for as long as possible, up to the highest weight or height allowed for the seat. Bike helmets while on wheels. If there are any household guns, keep them and ammunition locked separately. Poison control **1-800-222-1222**.

Mental Health: Chores, encouragement, hugs, and routines are important. Teach your child right vs wrong and help them learn to express their feelings. Model apologizing.

Dental Health: AAPD recommends fluoride toothpaste with twice daily brushing, and dentist visits every 6 months.

Immunizations: DTaP, varicella, IPV, and MMR

Medication Dosage:

	24-36 lb	36-48 lb	48-60 lb
Acetaminophen (160mg/5mL)	5mL (1 tsp)	7.5 mL (1.5 tsp)	10 mL (2 tsp)
Children's Ibuprofen (100mg/5mL)	5 mL (1 tsp)	7.5 mL (1.5 tsp)	10 mL (2 tsp)

Next visit: in one year