

Name _____

Date _____ Height _____

Weight _____



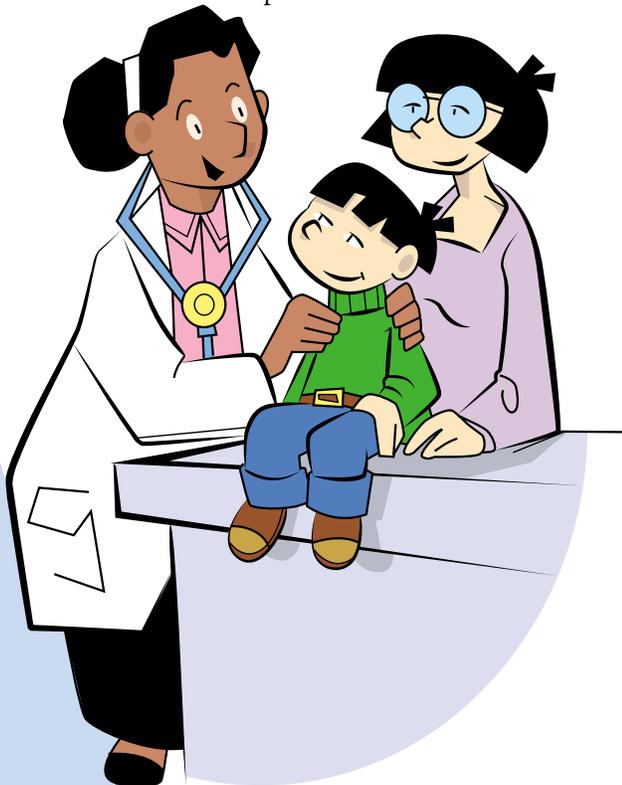
Children'sSM
Healthcare of Atlanta

Well Child TIPS FOR TAKING CARE OF YOUR 4-YEAR-OLD

CHILDREN ARE CONSTANTLY CHANGING. And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

SAFETY

- Your child needs a child safety seat through age 4 or until he outgrows the weight/height limit of his seat (usually 40 pounds or 40 inches). Your child's safety seat should always face forward in an upright position. Make sure the safety belt is buckled to the car and your child is buckled in the safety belt. For more information on seatbelt safety, please visit our Web site at www.choa.org. Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- Going forward from year 2000 models, most cars will be equipped with an attachment mounting in the rear seat area for a tether strap, which is an adjustable strap attached to the upper back of a forward-facing child safety seat. When properly used, a top tether strap reduces risk of injury by limiting the movement of a child's head in a forward crash. Check with the manufacturers to see if previous model seats and cars can be fitted with top tether attachments.



- If your child has outgrown his safety seat, he may need a belt-positioning booster seat (preferred for children between 40-80 pounds) so the adult lap and shoulder belt fit correctly. Safety belts are designed for people that are 4 feet 5 inches tall and weigh 80-90 pounds. Check on special products for heavy children too active to sit still in a booster seat.
- Be a good role model for your child – start the car only after everyone is buckled up. For more information on seatbelt safety, please visit our Web site at www.choa.org. Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- Supervise your child outside. Teach him to hold an adult's hand while crossing a street.
- Teach your child about fire safety. Have a fire escape plan and practice it often with your family. Keep a fire extinguisher in your home where you can reach it quickly.
- Space heaters and kerosene heaters can cause fires. If you must use a space heater, make sure there are no bedspreads, draperies or other flammable objects nearby and do not use heaters while you are sleeping. Kerosene and other fuel-burning heaters can also cause carbon monoxide poisoning if there is not proper ventilation.
- Put a smoke alarm and a carbon monoxide detector in the hallway outside your bedroom and on every level of your home. Change the batteries twice a year or as often as the instruction manuals indicate. For more information on fire safety, please visit our Web site at www.choa.org. Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- Your child can fall out of an open window, even if there is a screen. Move chairs, beds and other furniture away from windows to keep him from climbing up to them. Keep doors to balconies and decks locked. Open windows from the top.

- If you have any questions about immunizations, be sure to discuss them with your child’s healthcare provider. Following a regular immunization schedule is very important for your child’s health.

NUTRITION

- Preschoolers want to do well with eating and they want to please you. You are the gatekeeper for what foods come into the home and what foods are served. Continue to set limits on what food is served and when it is served and he will go along with you.
- Do not limit the menu to what your child feels comfortable with. Expect your preschooler to be polite when he turns food down.
- Do not make your child clean his plate. Only your preschooler can determine when he is full.
- Keep amounts served child-sized. He gets all the nutrients he needs from servings only 1/3 to 1/2 the size of an adult’s.

DEVELOPMENT

- At this age your child should know most colors and be able to count to five. Help him learn by asking him about the color of his clothes, the street signs, anything in his world. Use counting games as a way for him to learn his numbers.
- Your child’s imagination is now in full gear, day and night. If he is afraid of the dark, put a night light in his room or leave his door open after you put him to bed.
- Help your child brush his teeth and floss after meals. If he does not like this, try making a game of it. Let him brush your teeth while you brush his.
- Show your child how to wash his hands before meals and after going to the bathroom.

PARENTING

- Read to your child as much as you can. Take him to the library often and let him pick out his own books.
- If you let your child answer the phone, teach him good phone manners.
- Praise your child when he is polite. Remind him to say “please” and “thank you” when he asks for or gets something.

- When you go to a store or a restaurant, bring a toy or an activity to keep your child busy, especially if you know you might have to wait in line for a while.
- Limit television to fewer than 10 hours per week and encourage active games outside.

NEXT VISIT _____

Until your next appointment, you may call your child’s healthcare provider if you have any questions about keeping your child safe and healthy. If your child’s healthcare provider is unavailable, call the Children’s Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children’s Web site at www.choa.org for more information.

SPECIAL INSTRUCTIONS _____

NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child’s healthcare provider.