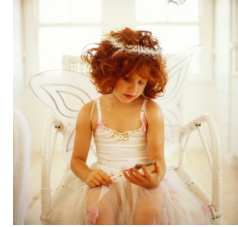




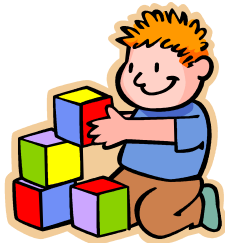
4 Year Old Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- ◆ You and your doctor will talk about parenting, your home, your health and safety as well as your child, and keeping your child happy and healthy.
- ◆ Your child will receive shots.
- ◆ Check your child's hearing and vision.
- ◆ Talk about your child's speech and behavior.
- ◆ Talk about how they play with others and their readiness for school.



Development

Things your child should be able to do:

- ◆ Movement—Hop on one foot. Balance on one foot for 2 seconds.
- ◆ Hand Skills— Draw a person with 3 body parts. Stack tower of 8 cubes. Copy a cross and a circle.
- ◆ Language—Define 5 words. Speak in 5-6 word sentences and understand all of child's speech. Name 4 colors.
- ◆ Social—Pretend play.
- ◆ Emotional—Does not always know difference between real and pretend.

4 Year Old Booster Shots

- ◆ DTaP—Diphtheria, Tetanus, & Pertussis
- ◆ IPV—Polio
- ◆ MMR—Measles, Mumps, & Rubella
- ◆ Varicella—Chicken Pox
- ◆ Your doctor will discuss these vaccines, and you will receive an information sheet about each from your medical assistant.

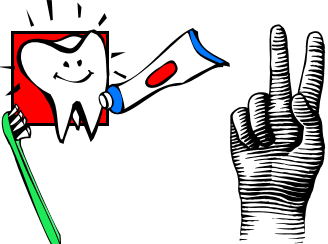
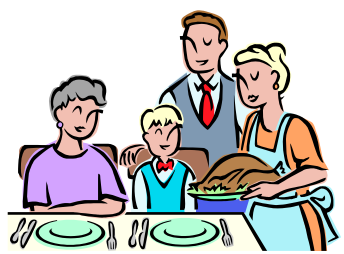



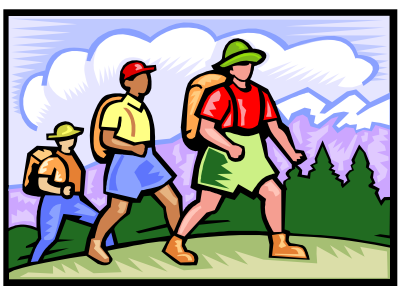


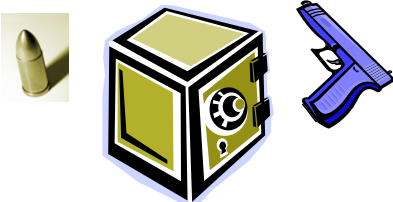





Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 4 Year Olds

<p>Personal Habits</p>	 <p>Help your child brush their teeth twice a day.</p>	 <p>Have meals at the table without the TV.</p>	 <p>Have a nightly bedtime routine that is calm. Tell stories and read.</p>
<p>Physical Activity</p>	 <p>Limit TV , video games, and computer time to 2 hours per day.</p>	 <p>Be active as a family, and never leave your child alone outside.</p>	 <p>Take part in community activities.</p>
<p>Safety</p>	 <p>Use a booster seat until your child is 4 feet 9 inches, and 8 years old.</p>	 <p>Teach your child about their own bodies and safety with other adults.</p>	 <p>Remove all guns. If they are in the home, lock them away from reach and keep separate from ammunition.</p>
<p>School Readiness</p>	 <p>Sign your child up for preschool, Head Start, or community programs.</p>	 <p>Allow your child to play with others and teach them about others' feelings.</p>	 <p>Encourage your child to read.</p>

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

