

CORINTH FAMILY MEDICINE & PEDIATRICS

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4-6 YEAR WELL EXAM

NUTRITION:

Children are often very picky eaters. Make sure you are offering well-balanced meals and healthy snacks, helping to develop good eating habits for your children. Try to offer meats, fruits, and vegetables at each meal.

- It is healthier for your child to drink low-fat milk, 2-3 cups/day. Milk is important not only for calcium but also for vitamin D and bone development. Do not allow your child to get in habit of drinking only chocolate milk.
- It is important for children to drink plain water when they are thirsty. Small portions of juice may be given, but it is not healthy for children to need the sweet taste in order to drink liquids.
- Make sure your schools & daycares are giving healthy meals and snacks.
- Dental Care: Brush teeth with a small, soft toothbrush and fluoride toothpaste. You should be assisting your child with brushing. Schedule a dental checkup for your child.

BEHAVIOR:

- Discipline: BE CONSISTENT!! Offer choices when possible, plan ahead & be prepared to follow through immediately, and praise good behavior. Use time-outs, withholding privileges, and logical, immediate consequences.
- Independence: A desire for independence is a normal part of development at this age. Begin to teach self care (hand washing, simple dressing, etc.). Allow them to make age-appropriate choices. But remember to encourage this learning within appropriate supervision.
- Bed-wetting: It is normal for some children to still be wetting the bed at this age. If your child has gone 6 months without bed-wetting and then begins to have accidents again, contact your physician.
- Sleep: Maintain a consistent, age-appropriate bedtime. I recommend 7:30-8:30 for most toddlers and young children. Children at this age should be getting about 10-13 hours of sleep per 24 hours.
- Media: Keep TVs and computers in common living areas, not the bedrooms. Limit "screen time": to less than an hour per day of high-quality programming. At this age, all media use should be with you there to help them understand it.
- Activity: Encourage imaginative, active play. Remember to enjoy your children and spend time playing *with* them.

SAFETY:

- Children must be buckled into a car seat or booster seat in the back seat at all times while in the car. Follow manufacture's instructions. Children should remain in a booster seat until 4'9" tall.
- Begin to teach children fire safety. Children at this age often get scared and want to hide (under the bed, in the closet, etc) when there is a fire. Teach them to go outside and have a meeting place (mailbox, neighbor's yard, tree, etc). Teach stop/drop/roll.
- Make sure your child knows his/her first and last name and can repeat these to adults when lost. Also teach him/her parents' names as well. Begin to learn phone number and address (start with city, street).
- Make sure your children understand not to talk to or accept gifts from strangers. Teach them who the "safe people" are to go to when lost (police men, firemen, other parents, etc.)
- It is best to not keep guns in your home. If you do have a gun, keep it locked & unloaded with ammunition locked separately.
- Never leave your child unattended near water (bathtub, swimming pool, toilet, etc.). Swimming pools must have an enclosed fence with a self-closing, self-latching gate. All children should wear flotation devices when near water. Inner tubes are not a safety device, and children should be supervised at all times when using these toys. Consider enrolling your child in swim lessons.
- Use sunscreen and insect repellent. Remember to avoid allowing your child to overheat in the sun, car, etc. Make sure they drink plenty of fluids when outside in the heat. Use hats and sunglasses to protect your child from the sun.
- All parents & other caregivers should learn CPR.
- Second-hand smoke exposure is very dangerous for your child. Do not smoke around your child, in your home or car.
- Make sure the smoke detectors and carbon monoxide monitors are operational in your home.
- Place safety devices on windows. Secure bookcases and dressers to the wall so they don't fall on your child.
- Supervise your child outside at all times. Keep them away from machinery and be cautious around dogs. Check to make sure playground equipment is not too hot. Keep children away from the street. This rule should be strictly enforced.
- Bicycle accidents are a leading cause of injury and death in children. Teach your child the importance of wearing a helmet when on a scooter or bike. Begin to instill this habit even while your child is only riding a tricycle.
- Choose childcare providers who are mature, trained, responsible, and recommended by others. Do not allow your childcare provider to administer corporal punishment.
- Inquire about homes where your child visits or is cared for. Do they have guns, is there a swimming pool, do they smoke, are there dogs?