



Pediatric and Adolescent Medicine

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HEALTH MAINTENANCE INFORMATION SHEET – AGE 4 YEARS

Date	Age	Wt	Ht	BP	Next Appt.
Acetaminophen Dosing: Children’s Suspension (160mg/5mL)			Ibuprofen Dosing: Children’s Suspension (100mg/5mL)		
Acetaminophen Dosing: Children’s Chewable (80mg chewable)			Ibuprofen Dosing: Children’s Chewable (100mg chewable)		

NUTRITION

- Food habits now influence-eating habits in later life. Limit "salty" and sweet, increase roughage and fiber, decrease high fat content foods. Encourage 3 well-balanced meals per day, including 5-7 fruits and vegetables and 4 servings of calcium-rich foods. Watch hydrogenated oils and saturated fat content.
- GET A GRIP ON FAST FOOD STOPS AND EATING IN FRONT OF TV!
- Continue Vitamin D and Calcium with poor milk intake

GROWTH & DEVELOPMENT

- Gross Motor: Standing jump, hops on one foot, may spin, somersault.
- Fine Motor: Dresses with ease, buttons clothing, brushes teeth, efficient pencil grip with copying, drawing shapes.
- Emotional: Magical thinking remains, greater concern for feelings of others; interest in gender
- Social: Greater cooperation in play in small group- has "best-friend"; back talk and apparent "butting heads" with parent (another indication of test of autonomy).
- Intellectual: Awareness of sequence of day (wake-up, breakfast, etc), seasons: knows some days of week, counts, ABC's, colors, etc. More interest in where things come from; more imaginative fantasy play.
- Language: Sentences, phrases, & stories blossom: age of constant talking; up to 8 word sentences with noun, verb and modifiers. Can follow 2-3 part commands.

IMMUNIZATIONS & PROCEDURES

- Booster DTaP #5, Polio#4, MMR#2 and Varicella (Chicken Pox) #2.
- PPD (TB test) if high risk; Urinalysis.
- Hematocrit (CBC) and cholesterol test if not done previously.
- Check vision.

ACCIDENT & SAFETY

- Always use car seats. NO FRONT SEATS! Car seat/booster until 4 feet 9 inches and between 8-12 years old.
- Don't take child's "common sense" for granted. Proper storage of medicines and chemicals is even more important as are rules about use of tools and appliances, particularly in kitchen. Safely Store guns or other weapons.
- Check outdoor play equipment for safety.
- Continue vigilant supervision in pool, street, and bath.
- Teach stranger danger, home address, home and cell phone numbers.
- Poison control 1-800-222-1222. DO NOT USE syrup of ipecac.

MISCELLANEOUS

- Night awakenings, nightmares and night terrors are still common.
- Greater concern about concept of death and dying. Children learn about life cycle from human experience, not from animal and/or plant models. It is appropriate to introduce material via books:
- The Fall of Freddie the Leaf - Buscaglia
- The Tenth Best Thing About Barney - Viorst
- Nana Upstairs, Nana Downstairs - dePaola
- The Dream Tree - Cosgrove
- The Special Trade - Wilmot

RESOURCES

- The Library, Book Store
- The Smithsonian, The Zoo, Baltimore and National Aquariums
- Going Places With Children in Washington- by Green Acres School
- Parent-Teacher conferences
- County CHILD FIND program: pre-school screening (301-217-FIND)