

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

4-5 Year Well Visit

What your child may be doing now:

- Dressing herself without help
- Know his address and phone number
- Writing her name
- Drawing triangles and squares
- Can draw a person with several body parts
- Stands on one foot for ten seconds or longer and can hop on one foot as well as skip
- Can usually cares for own toilet needs

Diet:

- Offer your child 16-24 ounces of low fat milk/day
- Offer healthy choices for meals and snacks such as Healthy options include fresh vegetables and fruits, low-fat dairy, lean proteins and whole-grain cereals and bread.
- Serve appropriate portion sizes, but do not expect your child to clear the plate. Allow children to learn what it feels like to be full
- Offer regular meal times and try to have family meals
- Reinforce good table manners and proper use of utensils
- If children are still picky eaters continue to offer new foods from all food groups
- If you do not have fluoride in your water, ask your doctor for a fluoride prescription

Parenting:

- Help your child to brush and floss teeth every day. See the dentist every 6 months

- Praise good behavior. Use time-outs when necessary for discipline, trying to avoid yelling or spanking.
- Sometimes demanding, sometimes eagerly cooperative
- Set up family routines and give your child chores such as making the bed or clearing the table
- Try to limit screen time to less than 2 hours daily. Do not allow children to have a TV in their room.
- Read books with your child.
- Encourage your child to play actively for at least 30-60 minutes daily

Safety

- Children may be in a belt positioning booster seat once they are older than 4 years old AND weigh over 40 pounds
- Use helmets on bikes, scooters, skateboards, skis, and other ride on vehicles
- Be sure to have smoke detectors and carbon monoxide detectors in your home. Teach your child what to do in case of fire, and how to dial 911.
- Talk to your child about street safety and stranger safety. Talk to your child about not allowing anyone to touch his or her private parts.
- If you have guns in your home, keep them unloaded and locked. Ammunition should be separate from the gun
- Make sure children understand how to be safe around water
- Use sun screen with SPF of at least 30 whenever you are out.
- Keep the Poison Control Number available: 1-800-Poison-1

When to call the office:

- Most young school age children get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. We do not recommend the

use of over-the-counter cold medicines for young children. Call our office if your child is acting very sluggish or irritable, has trouble breathing, has a fever over 102°F for more than 2 days, or you have other concerns.

- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines at this visit:

- [DTaP](#)
- [Polio](#)

- [MMR](#)
- [Varicella](#)
- [Flu shot](#) (in season)
- [PNP Vaccine policy](#)

Web Resources

- [Picky eating](#)
- [Choose My Plate](#)
- [Stranger safety](#)
- [Sleep and preschoolers](#)
- [Children's Hospital of Philadelphia Vaccine Website](#)