

PARENT INFORMATION SHEET FOR 4-5 YEAR-OLDS

VACCINES:

- * DTaP #5 - prevents diphtheria, tetanus (“Lock-jaw”), and pertussis (“Whooping Cough”). DTaP may cause fever and soreness; acetaminophen (Tylenol, Feverall, and store brands) may help.
- * Varicella Zoster virus (VZV or chickenpox), 2nd dose. This is not needed if your child already had chickenpox disease
- * Measles, Mumps, and Rubella (or “German Measles”) viruses (MMR), 2nd dose.
- * Polio #4 - prevents polio, a serious viral illness that causes paralysis.
- * Congratulations! After these vaccine doses, your child has finished the early childhood vaccination series.

- * Flu vaccine may be offered during the months of October – March.
- * Most children do not get serious side effects from the vaccines. If side effects occur, they are usually mild. Fever and discomfort at the injection site are common. Acetaminophen (Tylenol and other brands) can help. Some children may get a rash after these vaccines. If you have concerns, please call us.

SCREENING TESTS:

- * Complete Blood Counts (CBC) or Hemoglobin (Hgb) – a test for anemia, or low red blood cell counts. In children, anemia usually is from not eating foods with enough iron. At this age, only children who are at higher risk are tested.
- * Lead level (Pb) – a test for lead poisoning. Please let us know if your home has lead paint or other lead hazards in it. At this age, only children who are at higher risk are tested.
- * Tuberculosis skin test (for “TB” – also called the “PPD test”) – This is only done for children who are at high risk of TB infection. Please bring your child back to the clinic in 2-3 days to document the results. Children who are 5 years of age or older may be eligible to have TB testing done as a blood test instead of the PPD.
- * Vision Test – is done with children at these ages to check for vision problems.
- * Hearing Test – is done with children at these ages to check for hearing problems.

DEVELOPMENT and PARENTING TIPS:

Your child is getting ready for school! Congratulations!!

Here are some developmental milestones and parenting tips for typical 4-5 year old children:

Speech/language:

- * Typical 4-5 year old children speak in clear sentences that can be understood by anyone. Be sure to give your child plenty of time to finish his or her sentences.
- * Generally, they can name their colors, letters, can count and know their age. You can help them use words to express their feelings.
- * Over the next few months and years, your child will become more able to tell you about his or her day, friends and activities.

Physical ability:

- * Most 4-5 year old children can pedal a tricycle or a bicycle with training wheels.
- * Your child can typically hold a pencil properly and can draw lines, circles, even a simple person.
- * A 4-5 year old can usually dress and undress him or herself.
- * A typical 4-5 year old becomes stronger and faster as they grow older, but can develop skills at different rates from their peers and may show different temperaments (more daring or more cautious).

Social/play:

- * Most children at 4-5 enjoy being in groups of other children and understand turn taking and sharing when playing with them.
- * They often enjoy pretend play, board games, building toys, art supplies and puzzles.
- * Children at this age often can play on their own, and feel secure without his or her parent.
- * Typical 4-5 year old children still love books and can enjoy choosing books from the library and finding books that are relevant to themselves (books about starting school, new siblings, etc...)
- * Often, children this age love TV and videos, but try to limit their viewing to 1 hour per day at most to encourage them to be physically and mentally active.
- * This is often the first time your child may experience a school setting. Teach your child how to interact effectively with others by giving them lots of time to play with others. Show them how to apologize after hurting someone's feelings and how to express anger. Teach your child to walk away rather than lashing out when feeling angry.

Behavior:

- * Your 4-5 year old typically has strong opinions and should be given the chance to make choices within reason.
- * Generally, this age child responds best to praise for good behavior.
- * The 4-5 year old child still needs clear limits and can understand consequences for broken rules. It is important that the rules are consistent. Generally, children like predictable routines and structure.
- * Your child loves your attention and can sometimes act out if he or she feels this is the best way to get it.
- * Consider using “TIME OUT” for unacceptable or dangerous behavior, about 1 minute for each year of age.
- * Over the next few months, consider giving your child small chores to do around the house. Examples include cleaning up his or her room and setting the dinner table.

NUTRITION and EATING BEHAVIORS:

- * Many parents think their preschool child does not eat enough. As long as she is growing well and has normal blood counts, TRY NOT TO WORRY. Usually, he is eating enough. Try to not make mealtime a battle. Teach healthy eating behavior instead of focusing on quantity.
- * Avoid juice. It is not necessary. Give your child no more than one cup per day. Limit candy, soft drinks and sweets. Consider these to “once in a while” treats.
- * Serve milk with meals. Use fat-free milk and low-fat dairy foods.
- * Children who do not drink at least 32 ounces of milk fortified with vitamin D each day will need extra vitamin D. If you have concerns that your child is not getting enough vitamin D, ask us to recommend a multivitamin or vitamin D supplement. For children who cannot drink milk, be sure that alternatives like soy milk are fortified with vitamin D.
- * Offer 5 servings of vegetables and fruits at meals and snacks every day.
- * As much as possible, try to have relaxed family meals. Avoid watching TV during meals. Use meals as an opportunity to talk with your children.

HYGIENE:

- * Help your child brush his or her teeth at least two times each day. Use only a small amount of toothpaste with fluoride and teach your child to rinse and spit after brushing. Start using dental floss. Visit your child’s dentist every 6 months.
- * Drink your tap water! Most of the towns in our area have clean and safe tap water that comes from state reservoirs. This water

contains fluoride to make your teeth strong. If you're not sure about your town's water supply or whether it has fluoride, ask your child's doctor. Bottled water usually is NOT necessary.

- * Most children have finished toilet training. About three out of four are dry at night as well as the day. Be patient: even children who are trained will still have accidents. Bed wetting is not considered a problem at this age.

SAFETY ISSUES:

- * A car seat is required until your child is older than 5 years old and weighs more than 40 pounds. After that, he or she can be in a booster seat. The safest place in the care is the center of the back seat. Your child should always sit in the back seat. Never leave your child alone in the car (or house).
- * Your child still needs close supervision around streets and water.
- * If your child rides a bicycle or tricycle, he or she should always wear a helmet. Parents should provide a good example and also wear helmets. Children should wear their helmets for skateboarding and rollerblading too. For skateboarding and rollerblading, children should also wear wrist protectors if possible.
- * Teach your child his or her full name, address and telephone number.
- * Talk to your child about strangers, trying to warn them about possible dangers while not frightening them.
- * If you must own a gun, store it unloaded and locked with the ammunition stored separately from the gun.
- * Keep all medicines, poisons, and cleaning supplies stored in an upper, locked cabinet.

>>>POISON CONTROL CENTER: 1-800-222-1222<<<

(Call this number if your child eats something that might be dangerous.)

- * No smoking in the house! We strongly encourage parents who smoke to try to quit. Even the smoke on your clothes, hair, and breath can affect your child. Ask us for information on how to quit.

NEXT VISIT: once per year for check-ups/physicals and as needed for other problems, illnesses, or injuries

WANT MORE INFORMATION?

The internet can be an excellent source of information on child health and development. Be sure that the websites you visit are reputable! If you have questions, please ask us.

Check out *Bright Futures* parent information from the American Academy of Pediatrics at:

For 4 years of age:

<http://brightfutures.aap.org/pdfs/Other%203/B.ECh.PH.4yr.pdf>

For 5 years of age:

<http://brightfutures.aap.org/pdfs/Visit%20Forms%20by%20Age%20110/5,%206%20Year/C.MCh.PH.5,6yr.pdf>

Check out *Healthy Children* parent information from the American Academy of Pediatrics at:

www.healthychildren.org/

Find more information and tools on our CHA website page for parent resources at:

<http://www.challiance.org/Services/PediatricsResourcesforParents.aspx>

Find us on Facebook at:

<https://www.facebook.com/CHAPediatrics>

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