

1811 E. Bert Kouns Ind. Loop
Suite 140
Shreveport, LA 71105
(318)212-3900 (p)
(318)212-3945 (f)



Pierremont Pediatrics

www.pierremontpediatrics.com

D. Gene Mack Jr., MD
Margaret McVie Crittell, MD
Abbey M. Carroll, MD
Mackey Sugar Quinlan, MD
Tamara Moore, MD

4 years old

General health

- At 4 years your child should receive the following recommended vaccinations in order to start school: ProQuad (MMR and Varicella), and Kinrix or Quadracel (Dtap and Polio).
- Dental health- brush your child's teeth after meals with a toothpaste that contains fluoride.
- All children at this age should visit the dentist regularly.
- If your child consumes only bottled/filtered/well water then you might need to supplement with fluoride. Please ask your child's doctor for further instruction..
- It is important to limit TV/computer time at this age.
- Begin planning ahead for kindergarten by looking into options for school and finding out what your child's school requires. You should also discussing starting school with your child and any concerns or fears they may have.
- The American Academy of Pediatrics recommends screen time limited to two hours per day and parents should co-view what the children are watching.
- No "screen" use during meal times and limit "screen" use one hour before bedtime.

Nutrition

- Your child should have 1-2 8 ounce servings of milk a day and 1-2 servings of other dairy products a day (cheese, yogurt).
- You should encourage water intake and limit juice intake to 4 fluid ounces per day.
- Encourage snacks and meals high in nutritional value like fruits and vegetables.
- We do not recommend your child have tea, soda or sports drinks because these contain mainly sugar.

Elimination

- Stool pattern can vary greatly from several times a day to one every other day.
- Most children by 4 years of age will be successfully toilet trained. Some children may still experience nighttime "accidents" and you may need to discuss with your child's doctor.

Sleep

- Your child should sleep through the night.
- Some children at 4 years of age will still need a daytime nap while others may no longer take a nap but might need a "rest time". Each child can be different and further questions can be discussed with your child's doctor.

Behavior

- Your child may be able to throw a ball overhand, skip and use alternating feet when going down stairs.
- Your child should be able to dress and undress himself and button his clothing.
- Your child should be able to sing songs from memory.
- Your child should be able to draw a person with 2 or more body parts.

www.pierremontpediatrics.com

Injury Prevention

- At 4 years **AND** 40 pounds your child may ride in a booster seat that is secured in the backseat of the car. It is safest to keep your child in a five point harness car seat until they have reached the maximum height or weight limits for the individual seat; see the manufacturer's information. Children remain in a booster seat until at least 8 years old, 60 pounds **AND** 4'9". All children <13 years old should remain in the backseat of the car.
- Keep chemicals, cleaning supplies and medications out of reach.
- Keep the child away from the stove and oven.
- Limit sun exposure, It's OK to use sunscreen with minimum SPF 30, reapplying frequently.
- When bathing your child, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. Never leave child unattended in a bath or around water.
- You should have fully functioning smoke detectors and carbon monoxide detectors in your house and create a fire safety plan for your home. Practice with your child what to do and where to go in case of a fire. Check the batteries often.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times.
- All exterior doors to the home should be locked with a lock out of reach of the child.
- Discuss who strangers are with your child and not to talk or accept things (candy, gifts, ride in the car) from strangers.
- Discuss appropriate boundaries for your child to play in, such as the edges of your yard/driveway. Never leave your child outside unattended
- Begin teaching your child how to call 911 and teach them their full name, address, and phone number.

“Come Grow With Us!”

Today's Date: _____ Age: _____

Name: _____

Weight: ____lb ____oz (____%)

Height: ____ inches (____%)

My next appointment: _____