



Well Care Education – 4-Year-Old

- **EMERGENCIES:**

- Please call us if your child has any difficulty breathing, uncontrolled or green vomit, is urinating less than 4x per day from dehydration, severe pain, altered mental status.
- A word on fever: fever by itself is NOT an emergency even 104F! However, if you give Tylenol/Motrin and the fever does not improve OR if the fever improves but your child remains lethargic has persistent pain, or concerning symptoms. Also, if your child has fever >4 days please call the office. **Tylenol and Motrin dosages can be found on our website.**

- **DEVELOPMENT:**

- Please limit screen time including TV, computer, tablet, and video games to less than 2 hours per day. Avoid unsupervised YouTube
- Your child should be toilet trained by now. Night time use of Pull-ups is still normal until 7 years of age.
- Your child is now eligible for VPK! go to: <https://www.fldoe.org/schools/early-learning/parents/vpk-parents.stml> for more info.

- **SKIN CARE:**

- Your child's skin is still delicate. Please apply sunscreen to your child if they will be in the sun for >20 minutes. Reapply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double the risk of skin cancer.
- Please check www.EWG.org for a list of safe sunscreens (with the lowest number of carcinogens). You should mainly use ones with a rating of 1.

- **ORAL CARE:**

- Please brush your child's teeth at least twice per day, and floss once per day.
- Your child should be seen for regular dental check-ups every 6 months.

- **SAFETY:**

- If your child does not know how to swim there needs to be **at least 3 barriers between them and the water. One of the most important barriers is adult supervision.** Other examples include a lock up high on the door, a fence around the pool/canal and an alarm on the door leading out to the water. Please check with your insurance as some will cover the cost of the lessons. Go to www.LiveLikeJake.com for scholarships.
- A car seat with 5-point harness is still necessary at this age.
- Please keep poisonous items including medications out of reach of your child. Call poison control if your child ingests any harmful substances. **1-800-222-1222.**
- Your child needs to wear a helmet if they are riding a bicycle, scooter, skateboard, etc.

- **EDUCATION:**

- Please read to your child for at least 20 minutes per night.
- Start teaching your child about "stranger danger" as well as "good touch, bad touch."

- **NUTRITION/FITNESS:**

- Your child needs 5 servings of fruits/veggies per day. Avoid ultra processed foods.
- Please follow the food plate guidelines for serving sizes for your child:
www.Myplate.gov
- Avoid letting your child have any sugary drinks, including juice/Gatorade/etc.
- Please keep your child active. They should have at least one hour of physical activity per day.

- **VACCINES:**

- Today your child will receive boosters of MMR, Varicella, DTaP, and IPV. Please note that the MMR and Varicella vaccinations are live vaccines and your child may develop a fever over the next 7-10 days and the fever may reach 102F or higher. Additionally, some children develop a faint red rash from head-to-toe from the MMR. This is a normal reaction to these vaccinations and will resolve quickly. If your child is uncomfortable, you may give them Mortin/Tylenol as needed.