



FOUR YEARS

Name _____ Date _____

Weight _____ Height _____ Body Mass Index _____

Immunizations: (note: your child's doctor may modify the immunization schedule at times)

1. MMR—protects against measles, mumps, rubella (German measles).
2. Varicella—protects against varicella (chickenpox).
3. Diphtheria/Tetanus/Pertussis (DTaP) - protects against diphtheria, tetanus, pertussis (whooping cough)
4. Polio (IPV) – protects against polio virus

Blood Tests: for high risk communities (done by finger prick)

1. Hemoglobin. This test will determine if your child is anemic. We will have the result immediately and let you know if any treatment is needed.
2. Lead Test. This test determines how much lead is in your baby's blood stream. We send this test out to a laboratory and receive results in about two weeks. We will contact you if your child's level is elevated.

Office Hours: We are available 24 hours a day, 365 days a year!

- Monday-Friday: 8:30am-5:30 pm (later as needed to accommodate urgent visits)
- Saturdays and Holidays: 9am-12pm (later as needed to accommodate urgent visits) – Urgent visits only
- Sundays: Mornings (office times vary) – Urgent visits only

Telephone Coverage: Longwood Pediatrics has 24-hour telephone coverage.



Please ALWAYS call us before going to any emergency room.

- Monday-Friday: 8:30am-5:30pm – to schedule appointments or leave a message for the nursing staff. This is the best option for general medical questions and to make appointments.
- Saturdays, Sundays, and Holidays: 9am – 12pm to schedule an urgent appointment – please call early in the day.
- After regular business hours: After hour calls are answered by well-trained pediatric nurses who follow protocols approved by Longwood Pediatrics. Please restrict calls to urgent medical issues only.

Appointment Scheduling:

- Well Visit/Checkups: Our schedules are open one year in advance for routine well visit appointments. **Schedule next year's well visit, today!**
- Sick Visits: It is best to call the office early in the day to schedule an appointment. If you are not sure that your child needs to be seen, you may leave a message for our nursing staff and a nurse will call you back within an hour.

Communication:

Did you know that you can contact Longwood Pediatrics by email to request non-urgent appointments, medication refills, immunization records, and communicate with your child's provider? Sign up at the front desk today!

Like us on Facebook  Follow us on Twitter 



Bright Futures Parent Handout 4 Year Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Getting Ready for School

- Ask your child to tell you about her day, friends, and activities.
- Read books together each day and ask your child questions about the stories.
- Take your child to the library and let her choose books.
- Give your child plenty of time to finish sentences.
- Listen to and treat your child with respect. Insist that others do so as well.
- Model apologizing and help your child to do so after hurting someone's feelings.
- Praise your child for being kind to others.
- Help your child express her feelings.
- Give your child the chance to play with others often.
- Consider enrolling your child in a preschool, Head Start, or community program. Let us know if we can help.

DEVELOPING HEALTHY PERSONAL HABITS

Healthy Habits

- Have relaxed family meals without TV.
- Create a calm bedtime routine.
- Have the child brush his teeth twice each day using a pea-sized amount of toothpaste with fluoride.
- Have your child spit out toothpaste, but do not rinse his mouth with water.

Safety

- Use a forward-facing car safety seat or booster seat in the back seat of all vehicles.
- Switch to a belt-positioning booster seat when your child reaches the weight or height limit for her car safety seat, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat.
- Never leave your child alone in the car, house, or yard.
- Do not permit your child to cross the street alone.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Supervise play near streets and driveways.

SAFETY

Your Community

- Stay involved in your community. Join activities when you can.
- Use correct terms for all body parts as your child becomes interested in how boys and girls differ.
- Teach your child about how to be safe with other adults.
 - No one should ask for a secret to be kept from parents.
 - No one should ask to see private parts.
 - No adult should ask for help with his private parts.
- Know that help is available if you don't feel safe.

TELEVISION AND MEDIA

TV and Media

- Be active together as a family often.
- Limit TV time to no more than 2 hours per day.
- Discuss the TV programs you watch together as a family.
- No TV in the bedroom.
- Create opportunities for daily play.
- Praise your child for being active.

What to Expect at Your Child's 5 and 6 Year Visits

We will talk about

- Keeping your child's teeth healthy
- Preparing for school
- Dealing with child's temper problems
- Eating healthy foods and staying active
- Safety outside and inside

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

SCHOOL READINESS

CHILD AND FAMILY INVOLVEMENT AND SAFETY IN THE COMMUNITY



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of Bright Futures Tool and Resource Kit. Copyright © 2010 American Academy of Pediatrics. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.



Consejos de Bright Futures para los padres Visita de los 4 años

Estas son algunas sugerencias de los expertos de Bright Futures que pueden ser de utilidad para su familia.

DISPOSICIÓN PARA LA ESCUELA

Prepararse para la escuela

- Pídale a su hijo(a) que le cuente sobre sus actividades diarias y sus amigos.
- Lean juntos todos los días y hágale preguntas sobre los cuentos.
- Llévelo a la biblioteca y permítale elegir los libros.
- Déle suficiente tiempo para terminar las oraciones.
- Escúchelo y trátelo con respeto. Insista en que los demás hagan lo mismo.
- Demuestre cómo pedir perdón y ayude al niño a disculparse si lastima a alguien.
- Elógielo por ser amable con los demás.
- Ayúdelo a expresar sus sentimientos.
- Déle la oportunidad de jugar con otros a menudo.
- Contemple la idea de inscribirlo en un jardín preescolar, Head Start o programa comunitario. Avísenos si necesita ayuda.

PARTICIPACIÓN EN LA COMUNIDAD—SEGURIDAD DEL NIÑO

Su comunidad

- Sea parte de su comunidad. Vínculose a actividades cuando pueda.
- Use los términos correctos para todas las partes del cuerpo conforme su hijo(a) se interesa en las diferencias entre niños y niñas.
- Enséñele a protegerse de otros adultos.
 - Nadie debe pedirle que le oculte algo a sus padres.
 - Nadie debe pedirle que le muestre sus partes privadas.
 - Ningún adulto debe pedirle ayuda con sus partes privadas.
- Existe ayuda si usted siente que su seguridad peligra.

DESARROLLAR HÁBITOS PERSONALES SALUDABLES

Hábitos saludables

- Tenga comidas relajadas en familia sin ver la televisión.
- Cree una rutina relajada a la hora de acostarse.
- Haga que el niño se lave los dientes dos veces al día usando un poquito de pasta dental con flúor (del tamaño de un chícharo).
- Pídale que escupa la pasta dental, pero que no se enjuague la boca con agua.

Seguridad

- Use un asiento de seguridad orientado hacia delante o una silla elevadora en el asiento trasero de todos los vehículos.
- Pase al niño a una silla elevadora con cinturón de seguridad cuando su peso o estatura llegue al límite para el asiento de seguridad, sus hombros estén por encima de las ranuras del arnés superior o sus orejas lleguen al tope del asiento de seguridad.
- Nunca deje al niño solo en el auto, la casa o el jardín.
- No permita que cruce la calle solo.
- No tenga armas en su casa. Si debe tener un arma, guárdela bajo llave sin las municiones y guarde las municiones en otro lugar bajo llave. Pregunte si hay armas en las casas donde su hijo juega. Si es así, asegúrese de que las guardan de modo seguro.
- Supervise el juego cerca de las calles y salidas de garajes.

SEGURIDAD

TELEVISIÓN Y MEDIOS DE COMUNICACIÓN

La televisión y los medios

- Realicen actividades físicas en familia a menudo.
- Limite el tiempo de televisión a 2 horas diarias como máximo.
- Comenten los programas de televisión que ven en familia.
- No coloque un televisor en la alcoba del niño.
- Cree oportunidades para jugar diariamente.
- Elogie al niño por estar activo.

Qué esperar en la visita de los 5 y 6 años

Hablaremos de:

- Mantener la salud dental de su hijo(a)
- Prepararse para la escuela
- Afrontar los problemas temperamentales de su hijo
- Comer alimentos sanos y permanecer activo
- Seguridad afuera y adentro

Poison Help (Intoxicaciones): 1-800-222-1222

Inspección de asiento de seguridad para el auto: 1-866-SEATCHECK; seatcheck.org



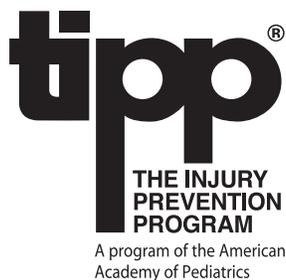
American Academy
of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Las recomendaciones de esta publicación no indican un tipo de tratamiento exclusivo ni sirven como parámetro de cuidado médico. Ciertas variaciones, tomando en cuenta las circunstancias individuales, podrían ser apropiadas. El documento original se incluye como parte de la publicación "Bright Futures Tool and Resource Kit". Derechos de autor © 2010 Academia Americana de Pediatría. Todos los derechos reservados. La Academia Americana de Pediatría no revisa ni respalda ninguna modificación hecha a este documento y en ningún caso será la AAP responsable de cualquiera de dichos cambios.

2 to 4 Years



2 TO 4 YEARS

Safety for Your Child

Did you know that injuries are the leading cause of death of children younger than 4 years in the United States? Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. Children *learn fast*, and before you know it your child will be *jumping, running, riding* a tricycle, and *using tools*. Your child is at special risk for injuries from falls, drowning, poisons, burns, and car crashes. Your child doesn't understand dangers or remember "no" while playing and exploring.

Falls

Because your child's abilities are so great now, he or she will find an endless variety of dangerous situations at home and in the neighborhood.

Your child can fall off play equipment, out of windows, down stairs, off a bike or tricycle, and off anything that can be climbed on. **Be sure the surface under play equipment is soft enough to absorb a fall.** Use safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches underneath play equipment. Install the protective surface at least 6 feet (more for swings and slides) in all directions from the equipment.

Lock the doors to any dangerous areas. **Use gates on stairways and install operable window guards** above the first floor. Fence in the play yard. **If your child has a serious fall or does not act normally after a fall, call your doctor.**

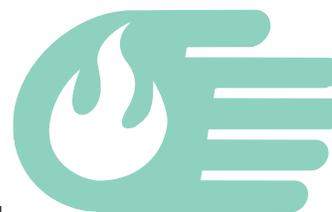
Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. If you choose to keep a gun, keep it unloaded and in a locked place, with the ammunition locked separately. **Handguns are especially dangerous.** Ask if the homes where your child visits or is cared for have guns and how they are stored.

Burns

The kitchen can be a dangerous place for your child, especially when you are cooking. If your child is underfoot, hot liquids, grease, and hot foods can spill on him or her and cause serious burns. Find something safe for your child to do while you are cooking.

Remember that kitchen appliances and other hot surfaces such as irons, ovens, wall heaters, and outdoor grills can burn your child long after you have finished using them.



(over)

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



If your child does get burned, immediately put cold water on the burned area. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.



Poisonings

Your child will be able to *open* any drawer and *climb* anywhere curiosity leads. Your child may *swallow anything* he or she finds. Use only household products and medicines that are absolutely necessary and keep them safely capped and out of sight and reach. Keep all products in their original containers.

If your child does put something poisonous in his or her mouth, call the Poison Help Line immediately. Attach the Poison Help number (1-800-222-1222) to your phone. Do not make your child vomit.



And Remember Car Safety

Car crashes are the **greatest danger** to your child's life and health. The crushing forces to your child's brain and body in a collision or sudden stop, even at low speeds, can cause injuries or death.

To prevent these injuries, correctly USE a car safety seat EVERY TIME your child is in the car. If your child weighs more than the highest weight allowed by the seat or if his or her ears come to the top of the car safety seat, use a belt-positioning booster seat.

The safest place for all children to ride is in the back seat. In an emergency, if a child **must** ride in the front seat, move the vehicle seat back as far as it can go, away from the air bag.

Do not allow your child to play or ride a tricycle in the street. **Your child should play in a fenced yard or playground.** Driveways are also dangerous. Walk behind your car before you back out of your driveway to be sure your child is not behind your car. You may not see your child through the rearview mirror.

Remember, the biggest threat to your child's life and health is an injury.

From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.