



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Tylenol/Acetaminophen	mL = milliliter tsp = teaspoon	Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
	Weight				
	6-11 lbs.	1.25 mL	—	—	
	12-17 lbs.	2.5 mL	—	—	
	18-23 lbs.	3.75 mL	—	—	
	24-35 lbs.	5 mL	5 mL (1 tsp)	—	
	36-47 lbs.	—	7.5 mL (1.5 tsp)	—	
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Motrin/Ibuprofen	Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each
	12-17 lbs.	1.25 mL	—	—
	18-23 lbs.	1.875 mL	—	—
	24-35 lbs.	—	5 mL (1 tsp)	1 tablet
	36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets

*If under 6 months of age, please consult your pediatrician.

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Date: _____

Weight: _____

Height: _____

Next Visit: **5 Years of Age**

- Nutrition**
- Continue to teach table manners.
 - Create a pleasant setting at meal time.
 - Involve your child in meal time preparation or clean-up afterwards.
 - Snacks are a great time to offer healthy foods like fruits, veggies, nut butters, or yogurt. Sugary/processed snacks do not give the steady energy children need to grow, learn, and play.
 - Avoid sodas, juices, and sugary drinks.
 - Encourage exercise daily.

- Motor Development**
- Your child can hop and stand on one foot for 5 seconds or longer, pedal a tricycle, and walk on tiptoes.
 - He/she can draw a person with 2 to 3 body parts, print some letters, use a pencil with good control, cut and paste, brush teeth, wash and dry hands, and dress and undress himself/herself.

- Language Development**
- Your child can recall part of a story, speak a sentence of more than 5 words, use future tense, and say his/her name and address.
 - Stuttering is a common thing and resolves with time.
 - Read to your child daily.

- Social & Emotional Development**
- He/she will want to please his/her friends and be more agreeable to

4 YEAR CHECKUP

- rules.
- Your child will be aware of sexuality.
 - Answer their questions using correct terms for the genitals. It is natural for children to be curious about their bodies.
 - He/she can distinguish real from imaginary.
 - You can assign chores such as setting and cleaning the table. Praise a job well done.

- Cognitive Development**
- Your child can count 10 or more objects, can name colors, understands the concept of time, knows about everyday items, and is curious.
 - He/she asks why, when, and how.
 - He/she can begin to play some board, card, or marble games.

- Discipline**
- Be consistent in rewarding and punishing behavior.
 - Make rules. Give clear and appropriate limits with consequences.
 - Correct your child privately.
 - Be sure to state the acceptable behavior and praise that behavior.
 - Both you and other caregivers should be consistent.

- Immunizations**
- Your child will receive immunizations and/or lab work at this visit. Please see attached sheets for vaccines given today. There may be some redness, swelling, and pain at the injection site for up to 24 hours. You may use Tylenol or Motrin to help with these symptoms.

- Safety**
- Continue to use car seats. The safest carseat is the one your child is in, until they have outgrown the height and weight for that carseat. Booster seats should NOT be used for children under 4 years old or 40 pounds.
 - Watch children playing near a street.
 - Store knives out of reach. If it is necessary to keep a gun in the house, keep it unloaded and locked up.
 - Teach your child that their body belongs to them, and no one should touch their “private parts” (areas covered by a swimsuit) except to keep them clean and healthy.
 - Role play simple situations like, “What would you do if someone you don’t know asks you to come with them?” Practice answering: “I have to ask my mom/dad first.”
 - Teach your child what to do in case of a fire.
 - Teach your child his/her name, address, and phone number.
 - Teach your child to ask an adult before touching or petting a dog.
 - Consider enrolling in swim lessons.

- Sleep**
- Continue a regular schedule and encourage them to sleep in their own bed.
 - Night-lights and security objects are fine.
 - Establish a bedtime routine that your child can enjoy.
 - Nightmares and night fears are common at this age.



BRUSH UP ON HEALTHY TEETH

There are many things parents can do to ensure their children have healthy teeth.

Brushing

You should help your child brush his/her teeth with a soft toothbrush twice a day. All children at this age need help with brushing from an adult to make sure a good job is done. Most children will need help until they are 6-8 years old! Once teeth touch, they can also be flossed. Remember the last thing to touch the teeth before bed is the toothbrush!

Fluoride

Fluoride is VERY important for healthy teeth. Use a pea-sized amount of toothpaste at this age. When possible, teach children to spit out extra toothpaste, but don't rinse with water – the little bit of toothpaste left behind is good for their teeth.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes milk, juice, soft drinks, and sweet tea. Only water should be given between meals. Milk and juice should only be given at mealtime. Do not allow your child to walk around with a bottle or sippy cup. Never put your child to bed with a bottle, cup, or food.

Dental Visits

Your child should have regular dental visits with a dentist. This is especially true if your child is having dental problems or is at high risk to develop cavities.

Brush, Book, Bed, a program of the American Academy of Pediatrics (AAP), has a suggestion for all parents:

1. Each night, help your children brush their teeth.
2. Read a favorite book (or two)!
3. Go to bed at a regular time each night.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

4 Year Checkup Healthy Eating Meal Times

- Plan meal and snack times.
- Establish a family mealtime free of TV/tablet.
- Offer water and white milk instead of juices, sodas, or sweet tea
- Add variety with fruits, vegetables, and whole grains.
- Offer choices within limits. Let your child pick between two healthy options, like “Would you like apple slices or carrot sticks with lunch?”
- Keep it low-pressure. Encourage tasting but don't force bites—sometimes it takes many tries before a child accepts a new food.
- Avoid making a habit out of eating food while watching TV.

Physical Activities

- Throw and bounce balls.
- Jump
- Run
- Ride tricycle.
- Encourage unstructured play at least 30 minutes per day.
- Encourage structured play at least 60 minutes per day.
- Limit TV and tablet time to 1-2 hours per day.

ACTIVITIES: 4 YEARS OLD

- Play the “who, what, and where” game. Ask your child who works in a school, what is in a school, and where is the school. Expand on your child's answers by asking more questions. Ask about other topics like the library, bus stop, or post office.
- When you are setting the table for a meal, play the “what doesn't belong” game. Add a small toy or other object next to the plate and eating utensils. Ask your child if he/she can tell you what doesn't belong here. You can try this game any time of the day. For example, while brushing your child's hair, set out a brush, barrette, comb, and a ball.
- Let your child help prepare a picnic. Show him/her what he/she can use for the picnic (bread, peanut butter, and apples). Lay out sandwich bags and a lunch box, basket, or large paper bag, then go have fun on the picnic.
- On a rainy day pretend to open a shoe store. Use old shoes, paper, pencils, and a chair to sit down and try on shoes. You can be the customer. Encourage your child to “write” your order down. Then he/she can take a turn being the customer and practice trying on and buying shoes.
- Play the “guess what will happen” game to encourage your child's problem-solving and thinking skills. For example, during bath time, ask your child, “What do you think will happen if I turn on the hot and cold water at the same time?” or “What would happen if I stacked the blocks to the top of the ceiling?”
- Play “bucket hoops.” Have your child stand about 6 feet away and throw a medium-size ball at a large bucket or trash can. For fun outdoors on a summer day, fill the bucket with water.
- Write your child's name often. When your child finishes drawing a picture, be sure to put his/her name on it and say the letters as you write them. If your child is interested, encourage him/her to name and/or to copy the letters. Point out the letters in your child's name throughout the day on

cereal boxes, sign boards, and books.

- Invite your child to play a counting game. Using a large piece of paper, make a simple game board with a straight path. Use dice to determine the count. Count with your child and encourage him/her to hop the game piece to each square, counting each time the piece touches down.
- Make a person with playdough or clay using sticks, buttons, toothpicks, beads, and any other small items. Start with a playdough (or clay) head and body and use the objects for arms, legs, and eyes. Ask your child questions about his /her person.
- Encourage your child to learn his/her full name, address, and telephone number. Make it into a singing or rhyming game for fun. Ask your child to repeat it back to you when you are riding in the car.
- Cut out three small, three medium, and three large circles. Color each set of circles a different color or use colored paper for each. Your child can sort the circles by color or by size. You can also ask your child about the different sizes. For example, ask your child, “Which one is smallest?” Try this game using buttons removed from an old shirt.
- Go on a walk and pick up things you find. Bring the items home and help your child sort them into groups. For example, groups can include rocks, paper, or leaves. Encourage your child to start a collection of special things. Find a box or special place where he/she can display the collection.
- Play a picture guessing game. Cover a picture in a familiar book with a sheet of paper and uncover a little at a time until your child guesses it.
- Let your child help you prepare a meal. He/she can spread peanut butter and jelly, peel a banana, cut with a butter knife, pour cereal, and add milk using a small container. Never give him/her a task involving the stove or oven without careful supervision.

- Write and mail a letter to a friend or relative. Provide your child with paper, crayons, or pencil and an envelope. Let your child draw, scribble, or write; or he/she can tell you what to write down. When your child is finished let him/her fold the letter to fit in the envelope, lick, and seal. You can write the address on the front. Be sure to let him/her decorate the envelope as well. After he/she has put the stamp on, help mail the letter.
- Play circus. Find old, colorful clothes and help your child put on a circus show. Provide a rope on the ground for the high wire act, a sturdy box to stand on to announce the acts, fun objects for a magic act, and stuffed animals for the show. Encourage your child's imagination and creativity in planning the show. Don't forget to clap.
- Take a pack of playing cards and choose four or five matching sets. Lay the cards out face up and help your child to find the pair. Talk about what makes the pair of cards the same and different.
- Make bubbles. Use ¼ cup dishwashing liquid (Dawn or Joy works best) and 2 2/3 cups of water. Use straws to blow bubbles on a cookie sheet or make a wand by stringing two pieces of a drinking straw onto a string or piece of yarn. Tie the ends of the string together to make a circle. Holding onto the straw pieces, dip the string in the bubble mixture. Pull it out and gently move forward or backward. You should see big bubbles.
- Make a bean bag to catch and throw. Fill the toe of an old sock or pantyhose with ¾ cup of dry beans. Sew the remaining side or tie off with a rubber band. Play hot potato or simply play catch. Encourage your child to throw the ball overhand and underhand.
- Pretend to be an animal. Encourage your child to use his/her imagination and become a kitty. You can ask, “What do kittens like to eat?” or “Where do kittens live?” Play along and see how far the game can go.