

4 to 5 Year Checkup

Date: _____

Weight: _____

Height: _____

BMI %: _____



“When riding in the car after work, my daughter and I play learning games. I’ll say one word and ask her what rhymes with that word.”

– Kaiser Permanente member

Your child may be ready to ...

- sing songs
- draw a person with three body parts
- say first and last name
- hop on one foot

Eating

- Serve your child nonfat or low-fat dairy products, including milk, yogurt, and cheese (2 cups a day).
- Decide when and what your child eats. Let your child decide whether to eat and how much to eat.
- Serve your child fruits and vegetables daily (aim for 2 cups a day).
- Do not bribe your child using food as the reward.
- Limit juice to no more than 4-6 ounces each day. Also, limit sodas, chips, fast foods, and sweets. They tend to be high in fat and empty calories.

Healthy habits

- Don’t smoke! Smoking around your child increases your child’s risk for ear infections, asthma, colds, and pneumonia. Talk with your doctor or contact your local Kaiser Permanente Health Education Department if you would like to quit smoking.
- Limit TV and video viewing to no more than one hour per day.
- Help your child brush his or her teeth twice a day and floss once a day.
- Put sunscreen (SPF 15 or higher) on your child before he or she goes outside. Use a broad-brimmed hat to shade ears, nose, and lips.

Safety

- Prevent Injuries. Make sure your child wears a helmet that fits properly for all bike and scooter riding. Add wrist guards, knee pads, and gloves for skateboarding, rollerblading, and scooter riding.
- Use a booster seat. Use a belt-positioning booster seat if your child weighs more than 40 lbs. (18 kg). Be sure the car’s lap and shoulder belt are positioned across the child in the back seat. California law requires the use of a belt-positioning booster seat in the

- back seat at least until the child becomes 6 years old or weighs 60 lbs.
- Prevent drowning. Watch your child at all times when he or she is near any kind of water.
- Guns. Unload and lock up all guns.
- Reduce the lead poisoning risk. Tell your doctor if your child spends a lot of time in a house built before 1978 that has chipped or peeling paint.
- Pet safety. If you are considering getting a family pet, consider your family structure, lifestyle, and environment. A pet’s space and exercise requirements are very important factors, because animals can be dangerous when these needs are not met. Teach your child to “be like a tree,” and back away slowly if ever threatened by a loose or wild animal.

Parenting

- Show affection. Spend “fun” time with your child.
- Teach your child not to accept anything from strangers and not to go anywhere with strangers.
- Read stories with your child every day.
- Discipline: Praise good behavior. Don’t yell or spank. Use “Time Out” instead. Apply rules fairly and in the same way every time.
- Your child learns from watching and listening to you. Be a good role model.

A healthy weight for your child

You may wonder if your child is too thin or too heavy. Children come in all shapes and sizes and grow at different rates. There are no “ideal” weights for children as they grow.

Your child’s doctor or other medical professional can help you decide if your child’s weight is healthy. Follow these steps to help your child have a healthy weight:

Get the Whole Family Moving

- Aim for at least 60 minutes of activity a day.
- Escape the pull of the couch - get up and get moving.

Plan family activities, such as trips to the park, walks, bike riding, swimming, gardening, etc.

Pull the Plug

- Limit screentime to 1-2 hours a day including TV, computer, and video games.

Research shows that the more television a child watches, the greater the chance that he or she will be overweight.

- Do not allow a TV in your child's bedroom.
- Avoid using TV and videos as a babysitter.

Let the Food Pyramid be your guide for good nutrition.

- Provide at least five servings of fruits and vegetables per day.
- Serve nonfat and low-fat dairy products and whole grains (rice, pasta, whole wheat bread) at every meal.
- Check in with your child's school or day care provider to make sure that healthy meals and snacks are available.

Limit foods and drinks that are high in sugar and fat.

Drink Well

- Serve water or low-fat milk with meals and snacks.
- Limit soda, juice, and sweetened drinks. (Did you know that one can of soda is equal to drinking a candy bar?)
- Cut back on the amount of fast foods your family eats.

Encourage healthy eating habits.

- Children need three meals and two healthy snacks each day. Serve breakfast everyday.
- Remember, parents can control what foods come into the house.
- Offer the same healthy foods to all family members. Eat together as a

family as often as possible.

- Let your child see you eating healthy foods.
- If your child decides not to eat at a meal, wait until the next snack or meal to offer food.
- Do not bribe your child using food as a reward. Avoid telling children to "clean their plates."

Help your child feel good about him or herself.

- Give your child lots of love and attention. Let all your children know that you love them whatever their size.
- Remind your child that people come in different shapes and sizes.
- Avoid teasing or nagging about weight, and do not refer to your child as skinny, fat, chubby, etc.

When your child is ready for kindergarten ...

Children start kindergarten between 4½ and 6 years old. It can be difficult to know exactly when your child is ready for school. Your local elementary school or preschool can help. Most children are ready for kindergarten if they already have these skills:

Behavioral skills

Your child can . . .

- keep hands to him or herself while in line
- sit and focus attention for at least five minutes
- sit quietly while listening to a story
- participate in clean-up activities
- use words to express frustration rather than acting out
- work with other children in small groups
- complete a teacher-assigned task
- dress him or herself and use the bathroom without help

Muscle skills

Your child can . . .

- stand and hop on one foot
- throw and catch balls
- hold a pencil correctly

- cut with scissors
- copy or trace a line and circle

Language/Math skills

Your child can . . .

- spell and write his or her first name
- complete two-step directions (like "do this and then do that")
- talk with children and adults
- sing songs with a group
- count from one to five
- identify two objects as large and small
- understand the concept of "first" and "last"

Other resources

Web Sites

Kaiser Permanente
members.kp.org

American Academy of Pediatrics
aap.org

Bright Futures
brightfutures.org

Preventive Ounce
preventiveoz.org

Books

American Academy of Pediatrics Guide to Your Child's Nutrition – William H. Dietz, et al

Your Child's Weight! Helping without Harming – Satter
Caring for Your Baby and Young Child – Shelov

Temperament Tools – Neville, et al
Your Child's Health – Schmitt
Kaiser Permanente Healthwise Handbook

Contact your local Health Education Department or Center.

Please share

this handout with anyone who takes care of your child.



The next checkup is when your child is 5-6 years old.



Your child may get immunizations (shots) at the next visit.