



Development

Your child should be able to hop and skip; walk on tip-toes; wash and dry his hands; brush his teeth with assistance; cut and paste; identify coins; counts to 10; name 4 or 5 colors; copy a triangle and square; have a mature pencil grasp; and draw a person with 6 different body parts. He can tell a simple story; has good articulation; defines at least one word such as “ball”, “shoe”, “chair”, or “dog”; uses proper pronouns; and names the materials of which objects are made.

Inappropriate or excessive media use has been associated with attention problems, impaired sleep, school difficulties, vision changes, and obesity. Any media exposure should be limited to 60 minutes per day, be of good-quality, and ideally watched with a parent. Watch and discuss programs with your child when possible. Check out www.common sense media.org for recommendations. Do not use TV, phone or iPad as a substitute for interaction with your child. Turn off devices during meals. Read to your child every day and ask your child about the stories. Sing songs and play music together. Take him to parks, libraries, and other places of interest. Encourage your child to play with favorite toys creatively, engage in group games, and release energy by running, climbing, swinging, sliding, and jumping. Engage in guided interactive play with your child several times a day, but also encourage free time play.

Behavior

She should understand right from wrong, fair from unfair, and the concept that games have rules. Children this age enjoy the companionship of other children and engage in make-believe play with domestic role-playing. Children should participate in household chores, such as setting and clearing the table and tidying up their own rooms. Remember to show affection toward your child.

School

A child that arrives at school fed and rested is ready to learn and performs better. Give him a healthy breakfast and establish bedtime routines to get at least 10–11 hours of sleep. Talk with your child about his school day, which may include asking both specific and open ended questions. After-school activities, sports, social activities, and clubs can place a big demand on your child’s time. Be cautious not to over-schedule him and allow for some unstructured time. If your child has special needs, keep an active role in the IEP process. Stresses, changes in family, loss in families, or family violence can contribute to poor performance. If you are experiencing these kinds of stresses please tell the doctor.

Oral health

Use a soft toothbrush with a pea-sized amount of fluoridated toothpaste twice a day. Allow your child to try brushing on occasion to avoid conflict, but children at this age do not have the dexterity to brush effectively. Aim for 2 minutes per day with flossing once a day. Your child should be seeing a dentist regularly and have fluoride applied every 6 months. Limit her consumption of sweetened beverages and snacks with sugar. Discuss the importance of taking care off her teeth.

Safety

Keep firearms stored unloaded and locked in a safe with ammunition stored separately. It’s important to keep your car, home, and other places where your child spends time free of tobacco smoke and E-cigarette vapor. If your child ingests anything potentially poisonous, **call Poison Control at 800-222-1222**. Keep this phone number by your phone. Kitchen safety includes turning pot handles towards the back of the stove, making sure your child cannot reach the microwave so he cannot remove hot liquid or food, and not

leaving hot liquids or heavy objects on a table that he may pull down.

The current car seat recommendations are to keep your child forward facing until he has exceeded the car seat's manufacturer height or weight limits. The longer he remains in a 5-point harness the safer he will be. Once he has outgrown those limits you can use a high back or belt-positioning booster-seat. Children should not ride in the front seat until 13 years old. Your own safe driving behaviors are important as well. Use a seat belt. Do not put the car in drive until everyone is buckled in. Do not drive under the influence of drugs or alcohol, and do not text or use mobile devices while driving. Never leave your child in the car unattended. Teach your child safe street habits, like stopping at the curb and looking left, right, and then left again before crossing. Children should use a properly fitted, approved helmet every time when riding a bike or skating.

It is extremely important to supervise your child around any body of water. If you have a pool, it should be fully enclosed and equipped with self-closing gates. Buckets of water, kiddie pools, and other objects that hold water should be emptied when not in use. A supervising adult should be within an arm's length, providing "touch supervision" whenever children are in or around water. Even for better swimmers, one parent should be assigned as "water watcher," whose eyes and attention do not leave the swimmer. The supervising parent should not be engaged in activities that can distract such as socializing, telephone use, chores, or alcohol use. Never leave a child in charge of other children and have clear hand-offs between "water watchers." REMEMBER, IT ONLY TAKES SECONDS TO DROWN. Parents and children should learn to swim and parents should know CPR. When outside, protective clothing should be worn and sunscreen should be applied. See the [sunscreen](#) page in the parent information section of our website for more information.

What to expect at this visit

Please let us know if your child has any exposure to lead. If your child is a vegetarian, vegan, or has other limitations of iron in his diet please let us know so we can perform a blood test to check for anemia. No immunizations are scheduled for this visit but flu vaccine may be given if in season. See our [Medication Dosing Guide](#) for recommended dosing of acetaminophen and ibuprofen.

Influenza injection



Nasal Influenza

