
4 to 6 Year Well Child information

ENCOURAGING DEVELOPMENT

- Read to your child every day, or have your child read to you. This can become a great bedtime routine!
- Minimize television and electronics.
- When your child does watch television or plays on the computer or a device, do it with him or her. Ensure the content is age appropriate. Avoid any content showing violence.
- Encourage physical activity. Make it part of your daily routine.

PARENTING TIPS

- Spend one-on-one time with your child daily.
- Provide structure and daily routines.
- Give your child simple chores to do around the house.
- Set clear behavioral boundaries and limits. Discuss consequences of both good and bad behavior with your child.
- Discipline should be consistent and fair.

NUTRITION

- Provide 3 meals and 2 to 3 healthy snacks daily.
- Do not force your child to finish everything on the plate.
- Limit fast foods and other foods high in fat, salt or sugar.
- Kids should drink milk or water. Limit juice or soda.

SAFETY

- Equip your home with smoke and carbon monoxide detectors. Discuss a fire escape plan.
- Wear a helmet when riding a bike or scooter.
- Talk with your child about ownership of his or her body. No adult should ask him to keep a secret or see or touch his or her private parts.
- Keep all medicines, poisons, chemicals, cleaning products out of reach.
- Guns and ammunition should be locked up.
- When traveling in a vehicle, your child should always be restrained in a car seat, in the back seat. For a free car seat check from a certified technician, call KRHC Community Health at 515-295-4430.
- Teach your child how to appropriately contact emergency services (911).

IMMUNIZATIONS

- Diphtheria
- Tetanus
- Pertussis
- Measles
- Mumps
- Rubella
- Polio
- Varicella (Chicken pox)
- Influenza (in season)

NEXT WELL CHILD VISIT: YEARLY