



4- to 5-Year Checkup

Date: _____

Weight: _____

Height: _____

BMI %: _____

"My daughter loves picking out her own books at the library!"

—Kaiser Permanente mom

Your child may be ready to ...

- Say sentences with 4 or more words.
- Name some colors and letters.
- Pretend to be someone or something else during play.
- Take turns during play.
- Hold a crayon or pencil between fingers and thumb (not a fist).
- Catch a large ball.

All children develop at their own pace. If you have concerns about your child's development, talk with their doctor.

Eating



Offer a variety of healthy foods with lots of fruits and veggies every day.

- Serve 3 healthy meals and 2 nutritious snacks per day. Offer the same healthy foods to all family members. Eat together as a family as often as possible.
- Let your child decide how much to eat. Children understand their body's signals of hunger and fullness. Avoid asking them to "clean their plates." If your child decides not to eat, wait until the next snack or meal to offer food.

- Offer water when your child is thirsty. Limit milk (low fat or nonfat) to 2 cups per day. Too much milk can spoil your child's appetite and increase the risk of anemia (low iron in the blood).
- Don't give your child soda or other sweet drinks. Juice isn't recommended. If you do choose to give juice, limit it to ½ cup of 100% whole juice per day.
- Ask us about programs like WIC or Cal-Fresh if you need financial support for food.

Encourage a healthy weight

Children come in all shapes and sizes and grow at different rates. There are no "ideal" weights for children as they grow. To help them stay healthy:

- Buy and prepare a variety of healthy foods your child likes. Serve a nutritious breakfast each day.
- Aim for at least 60 minutes of physical activity per day. Choose fun activities you can do with your kids, like walking, riding bikes, swimming, gardening, or dancing.
- Make mealtime family time without screens (TV, phones, video games) or other distractions.
- Be a good role model and let your child see you enjoying fruits, vegetables, and other healthy foods. Limit chips and fried and sugary foods.
- Avoid teasing or referring to your child as skinny, fat, or chubby, and teach them not to do this to others.

Parenting



Connect through stories, songs, and games.

Reading together

Reading is a special time to share with your child. When reading together, your child can:

- Choose the books and topics they enjoy most.
- Talk about the story and relate it to their life or people they know.
- Ask and answer questions about the stories and characters.
- Retell a story in their own words.
- "Correct" you when you change a word or skip a page in a favorite book.

Getting ready for school

Most children start kindergarten at age 5. To help your child prepare you can:

- Read books every day, and play games with words and letters.
- Show them how to hold a pencil and use scissors.
- Practice counting and recognizing numbers.
- Help them learn to get dressed and use the bathroom on their own.
- Take them to events where they can socialize with children their age.
- Help them express their feelings and frustrations in words rather than acting out.

Sleep habits

Helping your child get enough sleep is important for the whole family.

Your child needs 10 to 13 hours of sleep per day. By age 5 most children don't need a daytime nap, but afternoon quiet time can be helpful. To help your child sleep well:

- Have a calm, regular bedtime routine that includes brushing teeth and reading stories.
- Avoid screens for at least an hour before bed.
- Try a reward chart, if your child has trouble following the routine or staying in bed.

Healthy habits



Help your child thrive as they grow.

- Don't let anyone smoke or vape around your child. Exposure to secondhand smoke increases their risk of ear infections, asthma, colds, and pneumonia.
- Protect your child from the flu and other serious diseases with all recommended immunizations.
- Keep your child out of the sun as much as possible. Seek shade and cover up. Apply sunscreen with an SPF of at least 15 if your child is outdoors.
- Help your child brush their teeth 2 times per day with a soft toothbrush and a pea-sized amount of fluoride toothpaste. Visit the dentist twice a year. If you don't have a regular dentist, we can help connect you with one. We can also apply fluoride varnish to help protect your child's teeth.

- Limit your child's screen time (TV, apps, video games) to no more than 1 to 2 hours per day. Preview any shows or games to be sure they're appropriate for young children. Don't allow any scary, violent, or adult content. Watch with them sometimes and talk about what you see.

Safety



Keep your child safe at home and on the road.

- Continue to use a properly installed car seat in the back seat for every ride. Keep your child in a forward-facing car seat with a harness until they reach the maximum height or weight limit recommended by the manufacturer. Once your child outgrows their car seat, switch to a booster seat with a harness and tether, and a higher weight limit.
- Don't leave your child alone in the car, even for a minute.
- Reduce lead poisoning risk. Tell us if your child spends time in a home built before 1978. Remove shoes inside, and damp mop floors regularly.
- Make sure your child wears a helmet that fits properly for all bike riding. Add wrist guards, knee pads, and gloves anytime they use scooter or skates.
- Lock away anything dangerous, including medications, cleaning supplies, cigarettes, alcohol, vaping liquid, matches, and lighters.

- Call the California Poison Control hotline at 800-222-1222 right away for help if you think your child has been exposed to any dangerous substance. You can also call our 24/7 Appointment and Advice Call Center at 866-454-8855.
- It's safest not to have a gun in the home. If you must have a gun, store it unloaded and locked. Keep ammunition in a separate locked container.

Your next checkup is at 5 to 6 years.

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your child's health.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit kp.org/mydoctor for more resources.