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[www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)

**4 years old**

Date: \_\_\_\_\_ Age \_\_\_\_\_

Name: \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

**Four Year old can:**

- Have playmates
- Share
- Can dress and undress- buttons
- Have conversations
- Begin to play games- not team oriented

**Foods:**

- Picky eaters can not be made to eat*
- Avoid sweets and juice
- Still help brush teeth twice daily- Fluoride toothpaste and water

**Stimulation:**

- Go to the park
- Learn self help skills
- Encourage good behavior
- Read, sing, dance
- Limit screen time
- Ignore temper tantrums
- Listen to your child's stories

**Medications:**

- Fluoride supplement if using well water

**Safety:**

- Never leave child unattended in car or bath
- Hold hands when crossing street or in crowded areas
- Set limits with consistency
- Stove accidents

**Suggested reading:**

- 1-2-3 Magic* by Thomas Phelan, PhD
- Toddler 411* by Dr. Ari Brow

**Resources:**

- [www.healthychildren.org](http://www.healthychildren.org) (American Academy of Pediatrics)
- [www.powerofmoms.com](http://www.powerofmoms.com)

Return: 1 year



## How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial
- [www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at [staceyw1022@gmail.com](mailto:staceyw1022@gmail.com) or 385.7776

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