

**One to Four Years Old**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Height: \_\_\_\_\_ in. Weight: \_\_\_\_\_ lbs \_\_\_\_\_ oz Head: \_\_\_\_\_ cm

Immunizations given today:  up to date  
(bring shot record to every visit), please:

**Simply Saline** (please get this brand in the can - it has no preservative, others do): For congestion / stuffy nose / allergy symptoms up to 4 times daily

**Acetaminophen:** 1 tsp every 6 hours for fever >101° F (38.5° C) or pain

**Ibuprofen:** 1 tsp every 6-8 hours for pain  
Do **not** alternate ibuprofen and acetaminophen

**Multivitamins (with iron):** May take one ml or 1 tablet daily

**Fluoride:** 0.5 ml daily if there is no fluoride in your water.  
Children need at least 16 ounces of fluoridated water daily.

**Medicines prescribed:**

**For emergencies** 24 hours/day, 7 days/week: Call 610-372-9222  
- follow the instructions on the message - listen carefully, for changes

**Food: ([www.mypyramid.gov](http://www.mypyramid.gov) - a helpful website)**

- Whole or 2 % milk - 16 ounces per day or 2 servings from the milk group: yogurt, cheese, milk,
- **Water** = 24-32 ounces per day
- **Grains & grain products - 3-4 servings:** 1 slice bread; 1/2 cup dry cereal; 1/2 cup cooked rice, corn, pasta, or cereal
- **Vegetables - dark green, green, yellow, potatoes - 3-4 servings:** 1 cup raw leafy vegetable; 1/2 cup cooked vegetable; 3/4 cup veg juice
- **Fruits & Tomatoes - 2-3 servings:** 3/4 cup fruit juice; 1 med fruit; 1/4 cup dried fruit; 1/2 cup fresh, frozen, or canned fruit
- **Meats, poultry, & fish, & eggs - 2 servings:** 3 oz. broiled or roasted lean meats, skinless poultry, or fish; 2 small or 1 extra large or jumbo egg
- **Beans or rice - 1 serving**
- **Fats, oils, & salad dressings - 1 servings:** 1 tsp oil or soft margarine; 1 tblsp regular mayonnaise; 1 tblsp regular salad dressing; 2 tblsps light salad dressing;
- **Snacks and sweets - 1 serving:** 1 medium fruit, 1/4 cup dried fruit; 1 cup low-fat yogurt; 1/2 cup low-fat frozen yogurt; 3/4 cup pretzels; 1 tablespoonful maple syrup, sugar, jelly, or jam

**Tips for weight control:**

- No TV in bedroom and restrict TV, VCR, DVD (electronic media) use to less than 60-90 minutes per day
- Discuss/plan the next day's TV/DVD/VCR watching the night before and stick to the plan - don't watch material that contains behaviors which you don't wish your child to learn
- Do not eat or drink while walking or driving/riding in a car
- Enjoying social conversation over family meals with small portions instead of gulping food rapidly + 1 glass water before meal
- Read labels, avoid foods containing olestra (Olean), aspartame (NutraSweet), nitrates/nitrites, MSG (monosodium glutamate), bisulfites, high fructose corn syrup, food colors (especially Red # 2 and TD&C Yellow #5 = tartrazine)
- Avoid all soda (including diet), chips, dip, pretzels, crackers, ice cream and other "junk" food except as **very occasional treats**
- Maximum 4 ounces of juice per day. Dilute juice with water if necessary
- Don't use chocolate or strawberry or other flavored milk; avoid products with sugar or corn syrup added - read labels!
- **Whenever your child has anything in their mouth be sure that they are seated**

**Suggested Minimum Daily Exercise**

- Walk for at least one-half hour outside with your child every day all at once as fast as you can -
- Goal: 2 miles or 24 blocks in 30-45 minutes. If the weather is bad, cover your child appropriately and take a walk anyway!

**Remember safety first - prevent accidents before they happen!**

- Use seat belts, car seats, high chairs / booster seats, helmets
- **Anticipate dangers for your child whenever you enter a room**
- Teach your child to stop, look, listen before they cross the street, and to cross in cross walks
- Be open to discussions about strangers and "good touch, bad touch", etc.
- Be careful of medications and caustic chemicals - toddlers and preschoolers love to explore!
- Begin using a bicycle helmet now whenever your child is in motion propelled by something other than their feet! You should wear one too!

**Read / talk / play with your child every day for at least 30 minutes twice a day.**

- **Limit all electronic media to 2 hours per day maximum.**

**Be aware of indoor air quality**

- Avoid smoke of any kind, incense, sprays, air freshener, things with strong smells, carpet cleaner, scented candles, potpourri
- Dust from wall to wall carpets (remember that new carpets release formaldehyde) can be a problem
- Animal dander, feathers, and dust mites can trigger allergies..

**Use our telephone hour (7:30 - 8:30 am-7 days/week)**

- Whenever your address or phone number changes
- For advice before you change your health insurance
- If you need an appointment for an ill child for that day
- To discuss concerns/problems that are not an emergency

**Don't forget our secure website at [www.aacpp.com](http://www.aacpp.com) for**

- Notifying us of changes in your child's address, phone number or other information
- Lots of information on helpful websites, resources, information about child development, disease management and parenting suggestions
- Referral requests, prior authorization requests, appointment requests
- Information about our staff
- Corresponding with us about matters which are not urgent