



## DOSING CHART

**Acetaminophen:** Give every four to six hours as needed. Don't exceed five doses in 24 hours.

mL = milliliter tsp = teaspoon		Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets (80 mg)	Jr. Acetaminophen Meltaway Chewable Tablets (160 mg)
Acetaminophen	Weight				
	6-11 lbs.	1.25 mL	—	—	—
	12-17 lbs.	2.5 mL	—	—	—
	18-23 lbs.	3.75 mL	—	—	—
	24-35 lbs.	5 mL	5 mL (1 tsp)	2 tablets	—
	36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
	48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets	
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets	

**Ibuprofen:** Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

		Infant Drops 50 mg/1.25 mL	Children's Suspension Liquid 100 mg/5 mL	Children's Chewable Tablets 50 mg each	Jr. Strength Chewable Tablets/Motrin Tablets 100 mg each
Ibuprofen	Weight				
	12-17 lbs.	1.25 mL	—	—	—
	18-23 lbs.	1.875 mL	—	—	—
	24-35 lbs.	—	5 mL (1 tsp)	2 tablets	—
	36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
	48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets	

\*If under 6 months of age, please consult your pediatrician.

**PEDCARE**  
Children's Clinic

Address : 3001 W Illinois Ave Ste # 1A, Midland, TX 79701

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## 4 YEAR CHECKUP

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

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

Next Visit: **5 Years of Age**

### Nutrition

- Continue to teach table manners.
- Continue to try and create a pleasant setting at meal time.
- Involve your child in meal time preparation or clean-up afterwards.
- Stock your home with low-salt, low-sugar, and low-fat foods; save sweets for special occasions. Avoid soft drinks and sugary drinks.
- Encourage exercise daily.

### Motor Development

- Your child can hop and stand on one foot for 5 seconds or longer, pedal a tricycle, and walk on tiptoes.
- He/she can draw a person with 2 to 3 body parts, print some letters, use a pencil with good control, cut and paste, brush teeth, wash and dry hands and dress and undress himself/herself.

### Language Development

- Your child can recall part of a story, speak a sentence of more than 5 words, use future tense, and say his/her name and address.
- Stuttering is a common thing and resolves with time.

- Read to your child daily.

### Social & Emotional Development

- He/she will want to please his/her friends and be more agreeable to rules.
- Your child will be aware of sexuality.
- Answer their questions using correct terms for the genitals. It is natural for children to be curious about their bodies.
- He/she can distinguish real from imaginary.
- You can assign chores such as setting and cleaning the table. Praise a job well done.

### Cognitive Development

- Your child can count 10 or more objects, can name colors, understands the concept of time, knows about everyday items and is curious.
- He/she asks why, when, and how.
- He/she can begin to play some board, card, or marble games.

### Discipline

- Be consistent in rewarding and punishing behavior.
- Make rules. Give clear and appropriate limits with consequences.
- Correct your child privately.
- Be sure to state the acceptable behavior and praise that behavior.
- Both you and other caregivers should be consistent.

### Immunizations

- Your child may receive immunizations and/or lab work at this visit. Please see attached sheets for vaccines given today. There may be some redness, swelling, and pain at injection site for up to 24 hours. You may use Tylenol or Motrin to help with these symptoms.

### Safety

- Continue to use car restraints. A switch to a booster seat may be done when 4 years old and 40 pounds.
- Watch children playing near a street.
- Store knives out of reach. If it is necessary to keep a gun in the house, keep it unloaded and locked up.
- Teach your child to be careful around strange dogs.
- Talk to your child about strangers.
- Teach your child what to do in case of a fire.
- Teach your child his/her name, address and phone number.

### Sleep

- Continue a regular schedule and encourage them to sleep in their own bed.
- Night-lights and security objects are fine.
- Establish a bedtime routine that your child can enjoy.
- Nightmares and night fears are common at this age.

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