

Belilovsky Pediatrics  
 523 Oceanview Avenue  
 Brooklyn, NY 11235  
 (718) 332-6652

4  
YRS

ID Sticker: [REDACTED]

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

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

PEDIATRIC ASSESSMENT 4 YEARS - WELL VISIT

Exposure to Tobacco Smoke  Yes  No

Informant: \_\_\_\_\_

Interpreter:  Yes  No

Allergies: \_\_\_\_\_

**BMI / Percentile:**

FLACC Behavior pain score: \_\_\_\_\_

B/P: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Temp: \_\_\_\_\_ Pulse: \_\_\_\_\_ Resp.: \_\_\_\_\_

History of illness since last visit: \_\_\_\_\_

Do you think that your child is developing according to his/her age?  YES  No

MA Signature \_\_\_\_\_

AGE	DEVELOPMENTAL TASKS <input checked="" type="checkbox"/> no <input checked="" type="checkbox"/> yes	<input checked="" type="checkbox"/> NORMAL <input checked="" type="checkbox"/> ABNORMAL DESCRIBE ON PROGRESS NOTE	DIET/DENTAL <input checked="" type="checkbox"/> yes <input checked="" type="checkbox"/> no	ANTICIPATORY GUIDANCE/ IMMUNIZATIONS <input checked="" type="checkbox"/> yes <input checked="" type="checkbox"/> no
4 YEARS	Hops, jumps forward <input type="checkbox"/> Climbs ladder <input type="checkbox"/> Peddles tricycle <input type="checkbox"/> Can cut & paste <input type="checkbox"/> Knows 3 of 4 colors <input type="checkbox"/> Dresses & undresses c supervision <input type="checkbox"/> Uses action words <input type="checkbox"/> Counts to 10 <input type="checkbox"/> Gender I.D. <input type="checkbox"/> Draws person - 3 parts <input type="checkbox"/> Copies square <input type="checkbox"/> Plays hide & sock <input type="checkbox"/> Names pictures in books or magazines <input type="checkbox"/> Plays with imaginary companion <input type="checkbox"/> Copies circle <input type="checkbox"/> First & last name <input type="checkbox"/> Balances on one foot 2 secs <input type="checkbox"/> <u>Inappropriate play/no pretend play</u> <input type="checkbox"/>	GENERAL HEART <input type="checkbox"/> APPEARANCE <input type="checkbox"/> ABD <input type="checkbox"/> SKIN <input type="checkbox"/> * HERNIA <input type="checkbox"/> HEAD <input type="checkbox"/> GENITALIA <input type="checkbox"/> EYES <input type="checkbox"/> EXT. <input type="checkbox"/> Red Reflex <input type="checkbox"/> NEURO <input type="checkbox"/> EOM <input type="checkbox"/> VISUAL ACUITY <input type="checkbox"/> ENT <input type="checkbox"/> HEARING SCREEN <input type="checkbox"/> LUNGS <input type="checkbox"/> TEETH <input type="checkbox"/> * A Normal Check-Mark Indicates NOT Present	FAMILY TALK <input type="checkbox"/> MEALTIMES <input type="checkbox"/> Regular Dental Appointments <input type="checkbox"/> Floride Prescription <input type="checkbox"/> City Water <input type="checkbox"/>	REFMPHASIZE: Domestic Violence <input type="checkbox"/> Water safety <input type="checkbox"/> Avoid strangers <input type="checkbox"/> Crossing and/or playing in street <input type="checkbox"/> Auto seat restraints <input type="checkbox"/> Home fire safety <input type="checkbox"/> Sleep in own bed <input type="checkbox"/> Bedtime ritual <input type="checkbox"/> Share a toy <input type="checkbox"/> Games <input type="checkbox"/>
			<b>Nutritional Behavior</b> Nutritional Education Material given (including kidshealth.org web site). <input type="checkbox"/> Patient Nutritional Assessment Done (includes BMI / Percentile) <input type="checkbox"/> Nutritional Referral Indicated. Yes <input type="checkbox"/> <u>NO</u> <input type="checkbox"/>	Lead RA All Lead Counseling done Including Sources and Severe Long-Term Consequences. Literature Made Available. Blood Levels UTD. <input type="checkbox"/> Immunisations reviewed and discussed. Appropriate Plans for Follow-Ups Made <input type="checkbox"/> <b>Physical Activity / Fitness</b> Educational Materials Given (Includes kidshealth.org website) <input type="checkbox"/> Present Activity/Exercise Reviewed and Advise Given. <input type="checkbox"/> <b>Follow-up Plan:</b> _____ _____

\*Underlined milestones should be achieved by at least 90% of children by this age.  
 If (1) or more "NO's" for underlined items, indicate in plan/orders




\*\* (O) = Objective if possible

\*\*\* Boxed items are abnormal at any age. Indicate follow up.


RA = Risk Assessment

DATE	TIME	PROGRESS NOTES
Physician Signature: _____		
Stamp: _____		

**KidsHealth**  
from the health experts of Nemours

PARENTS site    KIDS site    TEENS site



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Strongly Advises All Parents to Consult the Following Site:

<http://kidshealth.org>

For Accurate Information Regarding Nutrition, Exercise, Fitness, Parenting Skills as well as Many other Important Topics for your Newborn to Adolescent Child.

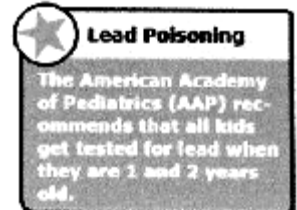
## LEAD POISONING

If you have young kids, it's important to find out whether there's any risk that they might be exposed to lead, especially if you live in an older home.

Long-term exposure to lead, a naturally occurring metal used in everything from construction materials to batteries, can cause serious health problems, particularly in young kids. Lead is toxic to everyone, but unborn babies and young children are at greatest risk for health problems from lead poisoning — their smaller, growing bodies make them more susceptible to absorbing and retaining lead.

Each year in the United States 310,000 1- to 5-year-old kids are found to have unsafe levels of lead in their blood, which can lead to a wide range of symptoms, from headaches and stomach pain to behavioral problems and anemia. Lead can also affect a child's developing brain.

The good news is that you can protect your family from lead poisoning. If you have kids between 6 months and 3 years of age, talk to your doctor about potential lead sources in your house or anywhere they spend long periods of time. And it's important for kids to get tested for lead exposure at age 1 and again at age 2, as many with lead poisoning don't show any symptoms.



### Why Is Lead Harmful?

When the body is exposed to lead — by being inhaled, swallowed, or in a small number of cases, absorbed through the skin — it can act as a poison. Exposure to high levels of lead in a short period of time is called acute toxicity. Exposure to small amounts of lead over a long period of time is called chronic toxicity.

Lead is particularly dangerous because once it gets into a person's system, it is distributed throughout the body just like helpful minerals such as iron, calcium, and zinc. And lead can cause harm wherever it lands in the body. In the bloodstream, for example, it can damage red blood cells and limit their ability to carry oxygen to the organs and tissues that need it.

Most lead ends up in the bone, where it causes even more problems. Lead can interfere with the production of blood cells and the absorption of calcium that bones need to grow healthy and strong. Calcium is essential for strong bones and teeth, muscle contraction, and nerve and blood vessel function.

### What are the Effects of Long-Term Lead Poisoning?

Lead poisoning may lead to a variety of health problems in kids, including:

- decreased bone and muscle growth
- poor muscle coordination

### How Does Lead Poisoning Occur?

Most commonly, kids get lead poisoning from lead-based paint, which was used in many U.S. homes until the late 1970s, when the government banned the manufacture of paint containing lead.

That's why kids who live in older homes are at a greater risk for lead poisoning. Also at risk are those who immigrate to the United States or are adopted from a foreign country that doesn't regulate the use of lead.

Lead is also found in other environmental areas, including:

- Contaminated soil, which is found near busy streets, in part because lead was an ingredient in gasoline until the late 1970s. The soil that surrounds homes that were painted with lead-based paint may be contaminated too. Contaminated soil is a particular concern because it can also introduce lead dust into the home.
- Water that flows through old lead pipes or faucets, if the pipes begin to break down
- Food stored in bowls glazed or painted with lead, or imported from countries that use lead to seal canned food
- Some toys, jewelry, hobby, and sports objects (like stained glass, ink, paint, and plaster)
- Some folk or home remedies, such as greta and azarcon (used to treat an upset stomach)

### How Do I Know If My Child Has Lead Poisoning?

Many kids with lead poisoning don't show any signs of being sick, so it's important to eliminate lead risks at home and to have your young child tested for lead exposure.

When kids do develop symptoms of lead poisoning, they usually appear as:

- irritability or behavioral problems
- [pica](#) (eating of nonnutritious things such as dirt and paint chips)
- difficulty concentrating
- headaches
- loss of appetite
- weight loss
- sluggishness or fatigue
- abdominal pain
- vomiting or nausea
- constipation
- pallor (pale skin) from anemia (lower than normal red blood cells)
- metallic taste in mouth
- muscle and joint weakness or pain
- seizures

These symptoms may also indicate a wide variety of other illnesses, so if your child has any of them, talk to your doctor. A blood test may be necessary to look for lead poisoning or other health problems.

**Please go to Page 2 for Tips on Protecting your child from Lead Exposure**

**KidsHealth**

from the health experts of Nemours



PARENTS site



KIDS site



TEENS site



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For Accurate Information Regarding Nutrition, Exercise, Fitness, Parenting Skills as well as Many other Important Topics for your Newborn to Adolescent Child.

## LEAD POISONING: Page 2

### How Do I Protect My Child?

You can protect your kids from lead poisoning by ensuring that your home is lead-free — ask your local health department about having your home evaluated for lead sources. And have your kids tested for lead exposure, particularly if when they're between 6 months and 3 years old. Kids this age spend a lot of time on the floor and trying to put things in their mouths.

These tips can help you reduce the risk of lead exposure:

- **Be wary of old plumbing.** Old plumbing might be lined with lead. If you have an old plumbing system (in homes built before 1970), let cold water run from the faucet for a minute before drinking it. If possible, drink bottled water instead. And because hot water absorbs more lead than cold water, don't use hot tap water for meals.
- **Keep your home and your family clean.** Wash your child's hands and toys frequently, and keep dusty surfaces clean with a wet cloth.
- **Ensure that iron and calcium are in your diets.** If kids are exposed to lead, good nutrition can reduce the amount that will actually be absorbed inside the body. Eating regular meals is helpful because lead is absorbed more during fasting.
- **Know where your kids play.** Keep them away from busy roads and the underside of bridges.

If you suspect that you might have lead-based paint on your walls, use a wet cloth to wipe windowsills and walls. Watch out for water damage that can make paint peel. Sanding or heating lead-based paint is a bad idea because these increase the risk that lead will be inhaled. If the paint doesn't have many chips, a new layer of paint, paneling, or drywall will probably reduce the risk. It's best to consult a professional, especially because other precautions may need to be taken to contain the lead in the paint.

### How is Lead Poisoning Treated?

Treatment for lead poisoning varies depending on how much lead is in the blood. Small amounts can often be treated rather easily; the most important part of therapy is reduction of lead exposure. Gradually, as the body naturally eliminates the lead, the level of lead in the blood will fall.

Kids with severe cases and extremely high lead levels in their blood will be hospitalized to receive a medication called a chelating agent, which chemically binds with lead, through an IV to make the lead weaker so the body can get rid of it naturally.

All siblings of a child found to have lead poisoning also should be tested. Doctors will report cases of lead poisoning to the public health department.

If you need or would like more Information about  
Lead and your Child

You are invited to go to:

[www.KidsHealth.Org/Parent/](http://www.KidsHealth.Org/Parent/)

Type "LEAD" in the Search Box

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NUTRITIONAL GUIDELINES

To best serve the Nutritional Needs of your child, we urge all parents to consult the following website to determine your child's best weight and to decide if a change of diet is necessary.

1. First, Open the following link (below) and discover your child's ideal weight :

http://kidshealth.org/teen/nutrition/weight/bmi.html

2. Next, go to this link to find solutions to almost all of your child's nutritional needs:

NUTRITION & FITNESS CENTER

food & NUTRITION

- General Nutrition
Nutrition & Infants
Special Dietary Needs
Eating Problems
Nutrition Q&A
En español
MORE



NEWS

- School Water Fountains Can Help Curb Overweight
Most Kids Who Take Vitamins Don't Need Them
Too Much TV May Lead to Too Much Fast Food
MORE

exercise & FITNESS

- General Fitness
Exercise Safety
Fitness Problems
Exercise Q&A
En español
MORE

TOOLS section with icons for Recipes, BMI Calculator, and Food Guide Pyramid

Quick Tip

Cut melons or carrots, and keep them in bags in the fridge - ready to grab and go.



Center for KIDS Center for TEENS

http://kidshealth.org/parent/centers/nutrition\_center.html

3. Should you need the help of a nutritionist for your child, we maintain a list of qualified nutritionists and organized nutritional modification programs in our office.

Tel: 718-332-6652 (M-Sat 9-5)

In certain cases we will have already determined your child's weight. If so, then your child's weight profile is indicated below:

Your child's BMI is:

Input box for BMI value

Your child's BMI percentile is:

Input box for BMI percentile

This is considered:

HEALTHY [ ]

OVERWEIGHT [ ]

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# 4 TO 5 Year Old Fitness/Exercise

By the time they're 4 and 5 years old, kids have mastered basic movement skills like running and jumping, and have plenty of energy to put them to good use.

Now they'll continue to refine these skills and build on them to learn more complex ones.

Take advantage of your child's natural tendency to be active. Staying fit can help improve kids' self-esteem and decrease the risk of serious illnesses later in life.

## Fitness for Preschoolers

The National Association of Sports and Physical Education recommends that every day preschoolers should:

- get at least 60 minutes of structured physical activity (adult-led activity)
- get at least 60 minutes of unstructured physical activity (free play)
- not be inactive for more than 1 hour at a time (unless sleeping)

- hitting a ball off a T-ball stand
- playing freeze dance or freeze tag
- pretending to be statues to practice balancing

Kids can be active even when they're stuck indoors. Designate a safe play area and try some active inside games:

- Treasure hunt: Hide "treasures" throughout the house and provide clues to their locations.
- Obstacle course: Set up an obstacle course with chairs, boxes, and toys for the kids to go over, under, through, and around.
- Soft-ball games: Use soft foam balls to play indoor basketball, bowling, soccer, or catch. You can even use balloons to play volleyball or catch.

## When to Call the Doctor

If your child refuses to play or join other kids in sports or complains of pain after being active, talk with your doctor.

Kids who enjoy sports and exercise tend to stay active throughout their lives. And staying fit can improve self-esteem, help a person maintain a healthy weight, and decrease the risk of serious illnesses such as high blood pressure, diabetes, and heart disease later in life.

Reviewed by: Steven Dowshen, MD  
Date reviewed: August 2008

It's important to understand what preschoolers can handle. They should participate in fun and challenging activities that help build skills and coordination but aren't beyond their abilities.

Kids this age are learning to hop, skip, and jump forward, and are eager to show off how they can balance on one foot (for 5 seconds or longer), catch a ball, or do a somersault. Preschoolers might also enjoy swimming, hiking, dancing, and riding a tricycle or bicycle with training wheels.

Many parents look to organized sports to get preschoolers active. But the average 4- or 5-year-old has not mastered even the basics, such as throwing, catching, and taking turns. Even simple rules may be hard for them to understand, as any parent who has watched their child run the wrong way during a game knows.

And starting too young can be frustrating for kids and may discourage future participation in sports. So if you decide to sign your preschooler up for soccer or another team sport, be sure to choose a peewee league that emphasizes the fundamentals.

No matter what the sport or activity, remember that fitness should be fun. If your child isn't having fun, ask why and try to address the issue or find another activity.

## Family Fitness Tips

Walking, playing, running in the backyard, or using playground equipment at a local park can be fun for the entire family.

Other activities to try together, or for a group of preschoolers to enjoy, include:

- playing games such as "Duck, Duck, Goose" or "Follow the Leader," then mixing it up with jumping, hopping, and walking backward
- kicking a ball back and forth