

# 5 Year Visit

Today's Date: \_\_\_\_\_ HT: \_\_\_\_\_ WT: \_\_\_\_\_ B/p \_\_\_\_\_ P: \_\_\_\_\_

Immunizations:

Proquad (MMR/Varicella) \_\_\_\_\_

Laboratory Work:

CBC: \_\_\_\_\_

## Development

- ❖ Writes name; knows address and phone number
- ❖ Follows commands
- ❖ Is able to interact with peers
- ❖ No longer upset with strangers
- ❖ Dresses and undresses without help
- ❖ Is able to jump, skip, and walk on tip-toes

## What to expect developmentally in the next few months

### *Skills your child needs to start kindergarten:*

- ❖ go to bathroom independently
- ❖ button and zip clothing independently
- ❖ listen to an authority figure and follow instructions
- ❖ play with other children appropriately
- ❖ talk in complete sentences using intelligible speech
- ❖ recognizes most letters, shapes and numbers to 10
- ❖ sort and count up to 5 objects

### *Talk with your pediatrician if:*

- ❖ Your child exhibits extremely fearful or timid behavior
- ❖ Your child exhibits extremely aggressive behavior
- ❖ Seems unhappy or sad most of the time
- ❖ Cannot stack a tower of 6-8 blocks
- ❖ Cannot dress or undress self
- ❖ Doesn't know address, parents names; alphabet and numbers

## How to prepare for the next visit

- ❖ Keep track of illnesses and injuries, including visits to other health facilities and the emergency room
- ❖ Note changes in your child's eating, sleeping and social behaviors
- ❖ Fill out and bring in school health forms for the doctor to complete
- ❖ Prepare your child to discuss issues, concerns, and achievements with the doctor. Help your child learn about the health visit process.
- ❖ Share ideas with the doctor about community resources that you have found useful.

## What to expect at your next visit

- ❖ Your child will have a physical examination at age 6.
- ❖ Your child's height, weight, B/p and pulse will be checked. A vision and hearing screening will be done
- ❖ You will be asked about your child's exposure to lead and tuberculosis; and your family's history of heart disease.

## Things to keep in mind between now and your next visit

### Diet/Feeding

- ❖ Eat 3 well balanced meals and 2 healthy snacks per day
- ❖ Limit high sugar and high fat foods
- ❖ Balance the food you eat with physical activity
- ❖ Make dinnertime pleasant –good conversation; no TV



## Safety

- ❖ All children whose weight or height is above the forward-facing limit for their car safety seat should use a Belt-positioning Booster Seat until the vehicle seat belts fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years old---never put in front seat with airbag
- ❖ Always wear bike helmet; avoid bicycling near traffic
- ❖ Practice sports safety ( teach child to always wear all appropriate safety equipment)
- ❖ Teach pedestrian and playground safety; reinforce pool safety (swimming lessons)
- ❖ Avoid over exposure to sun, apply sunscreen with SPF of 30 - 30 minutes prior to going outside and every 2hrs while outside, reapply after swimming

## Anticipatory Guidance

- ❖ Continue to set firm rules for behavior; reinforce limits and use time-outs
- ❖ Expect normal curiosity about body parts and answer questions
- ❖ Keep matches, poisons, and guns locked and out of reach
- ❖ Teach your child how to choose healthy foods, including fruits and vegetables
- ❖ Be prepared to answer questions about sex
- ❖ Brush teeth twice per day and do not forget fluoride; schedule your dental appt
- ❖ Bug repellent: Apply a repellent with max DEET of 10%/or Picardin to exposed skin (apply to your own hands and rub onto child's skin—do not apply under clothing, make sure clothing is laundered and child is bathed after use) DO NOT REAPPLY!
- ❖ Sleeps approx 11-13 hrs at night, most have given up their nap
- ❖ Read books; a quiet bedtime routine is useful
- ❖ Limit "screen-time" to 2 hrs per day, this should include TV, computer and hand-held games
- ❖ Assign chores: make bed, pick up toys, take laundry to laundry room, set and clear dinner table
- ❖ Know your child's friends and their families
- ❖ Look into community and school programs for your child, such as soccer, music, and other activities
- ❖ Remember annual flu shot—call in Sept/Oct

## Your Needs

- ❖ Remember to take time for yourself and other children
- ❖ Keep in touch with family and friends
- ❖ Become involved in outside interests; such as a church group, reading club, yoga class

## NOTES: