



Date: _____

Weight: _____

Height: _____

Blood Pressure: _____/_____

Well Child Care at 5 Years

Nutrition

Your child may enjoy helping to choose and prepare the family meals with supervision. Children watch what their parents eat, so set a good example. This will help teach good food habits. Mealtime should be a pleasant time for the family. Avoid junk foods and soda pop. Televisions should never be on during mealtime. Your child should eat 5+ servings of fruits/vegetables a day. Limit candy, soda, and high-fat snacks. Your child should have at least 2 cups of low-fat milk or other dairy products each day.

Development

Children at this age are imaginative, get along well with friends their own age, and have lots of energy. Be sure to praise children lavishly when they share things with each other. Some children still wet the bed at night. If your child wets the bed regularly, ask your doctor about ways to help your child. Five-year-olds usually are able to dress and undress themselves, understand rules in a game, and brush their own teeth. For behaviors that you would like to encourage in your child, try to catch your child being good. That is, tell your child how proud you are when he does things that help you or others.

Behavior Control

Find ways to reduce dangerous or hurtful behaviors. Also teach your child to apologize. Sending a child to a quiet, boring corner without anything to do (time-out) for 5 minutes. Time outs can help teach important rules of getting along with others. Do not send a child to his room. A bedroom should always be a desirable location for your child. Ask your healthcare provider if you need help with your child's behavior.

Reading and Electronic Media

It is important to set rules about television watching. Limit electronic media (TV, DVDs, or computer) time to 1 or 2 hours per day of high quality children's programming. Participate with your child and discuss the content with them. Do not allow children to watch shows with violence or sexual behaviors. Find other activities besides watching TV that you can do with your child. Reading, hobbies, and physical activities are good choices. Many children younger than 5 years have been exposed to the digital world. The 5-year-old is often fascinated by the online world and their ability to become involved with it. With emerging reading and fine motor

skills, some will become skilled with the computer and the Internet. However, children this age and throughout childhood still need strong and frequent parental supervision and monitoring to ensure that they are not exposed to inappropriate materials. Parents may consider getting a child-specific browsers and setting up a favorite's toolbar so the child can go only to approved web sites. Parents also should use an internet safety tool to limit access to content, web site, and other activities.

Dental Care

- Brushing teeth regularly after meals and before bedtime is important. Think up a game and make brushing fun.
- Make an appointment for your child to see the dentist.

Normal Development: 5 Years Old

Physical Development

- Starts to lose primary (baby) teeth.
- Displays left- or right-handedness.
- Builds elaborate structures.
- Tires easily.
- Bathes, eats, dresses, toilets without help.
- Plays games related to cooking, learning, bathing, and exploring.
- Enjoys active games and movement.
- Enjoys playing noisy rhythm instruments.
- Is curious about reproduction and birth.

Emotional Development

- Starts to express more feelings in words.
- Embarrasses easily, and cannot yet laugh at self.
- May have feelings about death.
- Shows guilt over misbehavior.
- Likes independence.
- Is serious and dependable.

Social Development

- Follows more rules and regulations.
- May tattle, name-call, hit and shove at times.
- Cooperates in simple group tasks.
- Likes to please adults.
- Takes turns during playing and speaking.
- Gets along with other children.
- Is keenly interested in family activities.

Mental Development

- Starts to recognize letters and words.
- Keeps up activities for longer periods of time.
- Has developed a self-image.
- Craves facts.
- Names simple colors.
- Understands left from right.
- Has a vocabulary of about 2,000 to 2,500 words.
- Can help with chores.
- Can learn address and phone number.
- Can think some things through.
- Can count to 10.
- Starts to understand concept of opposites.
- Can speak in sentences of 6 to 8 words.
- Can tell coins apart.
- Engages in elaborate dramatic play.
- Understands concepts of morning, afternoon, night, yesterday, today, and tomorrow.
- Is better able to tell make-believe from real life.

These guidelines show general progress through the developmental stages rather than fixed requirements for normal development at specific ages. It is perfectly natural for a child to reach some milestones earlier and other milestones later than the general trend. If you have any concerns about your child's own pattern of development, check with your healthcare provider.

Safety Tips

Accidents are the number-one cause of serious injury and death in children. Keep your child away from knives, power tools, or mowers.

Fires and Burns

- Practice a fire escape plan.
- Check smoke detectors and replace the batteries as needed.
- Keep a fire extinguisher in or near the kitchen.
- Teach your child to never play with matches or lighters.
- Teach your child emergency phone numbers and to leave the house if fire breaks out.
- Turn your water heater down to 120°F (50°C).

Falls

- Never allow your child to climb on chairs, ladders, or cabinets.
- Do not allow your child to play on stairways.
- Make sure windows are closed or have screens that cannot be pushed out.

Car Safety

- Everyone in a car should always wear seat belts or be in an appropriate booster seat or car seat.
- Don't buy motorized vehicles for your child.

Pedestrian and Bicycle Safety

- Always supervise street crossing. Your child may start to look in both directions but don't depend on her ability to cross a street alone.
- All family members should use a bicycle helmet, even when riding a tricycle.
- Do not allow your child to ride a bicycle near traffic.

Water Safety

- ALWAYS watch your child around swimming pools.
- Consider enrolling your child in swimming lessons.

Sun Protection

- Always apply Sunscreen with an SPF great than 15 when your child is outside. Reapply every 2 hours.
- Have your child wear a hat
- Avoid prolonged time in the sun between 11:00am and 3:00pm
- Wear sun protection clothing for summer.

Pet

- You must keep a close eye on both child and pet when they are interacting with each other.
- Watch for signs of either your child or pet is becoming anxious or overwhelmed.
- Make certain that you child know to avoid stray animals and to treat household pets gently and loving.

Poisoning

- Teach your child to take medicines only with supervision.
- Teach your child to never eat unknown pills or substances.
- Put the poison center number on all phones. **1-800-222-1222**

Strangers

- Discuss safety outside the home with your child.
- Teach your child her address and phone number and how to contact you at work.

- Teach your child never to go anywhere with a stranger.
- Teach your child that no adult should tell a child to keep secrets from parents, no adult should show interest in private parts, and no adult should ask a child for help with private parts.

Smoking

- Children who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.
- Teach your child that even though smoking is unhealthy, he should be civil and polite when he is around people who smoke.

Immunizations

If he has not already gotten them, your child may receive shots. An annual influenza shot is recommended for children up until 18 years of age. After a shot your child may run a fever and become irritable for about 1 day. Your child may also have some soreness, redness, and swelling in the area where a shot was given. For fever, give your child an appropriate dose of acetaminophen or Ibuprofen. For swelling or soreness put a wet, warm washcloth on the area of the shot as often and as long as needed for comfort. Call your child's healthcare provider immediately if:

- Your child has a fever over 105°F (40.5°C).
- Your child has a severe allergic reaction beginning within 2 hours of the shot (for example, hives, wheezing or noisy breathing, swelling of the mouth or throat).
- Your child has any other unusual reaction.

Next Visit

A check-up is recommended when your child is 6 years old.

Bicycle Safety

Knowing the rules of bicycle safety can help your child avoid a serious injury. Here are some facts about bicycle injuries:

- Children ages 5 to 14 have a higher rate of bicycle injuries than older riders.
- Bicycle injuries in younger children most often result from errors they have made.
- Injuries to the face and head are the most severe injuries for bicyclists.
- Fatal injuries are most often caused when a cyclist crosses an intersection without looking for cars, or by drivers who have been drinking alcohol.

- Children are at risk for injury no matter where they are riding. One study found that children riding in their own neighborhood are just as likely to get hurt as older children who ride further distances.

If your child is learning to ride or already rides a bicycle, here are several safety points that you should consider.

Know the Rules

Bicycle rules need to be appropriate for the age of the child. Children should not ride in the street until they understand and are able to follow the rules of bicycling. General safety rules:

- Always wear a helmet.
- Always wear protective shoes (no bare feet or sandals).
- Avoid riding at dusk or at night. If a child must ride at night, proper bicycle lights and reflective clothing are important.
- Never carry another passenger on the bicycle.

Street safety rules:

- Ride in a single file and only in the direction of traffic.
- Ride in a straight line while near the curb.
- Always obey stoplights and stop signs.
- Never assume that the driver of a car sees you at an intersection.
- Use good balance and steering, proper hand signals, and brake safely.
- Get off the bicycle safely.
- Look behind you when you turn across a traffic lane.

Children may not learn nor have the skills needed to ride on the street until age 10. Even after this age, you should periodically check your child's skills. Check to see if your child pays attention to potential dangers such as rocks, tree limbs, and cars exiting driveways or alleys.

Wear a Bicycle Helmet

Helmets are a great way to reduce the risk of serious head injury or death from bicycle accidents. Get a bicycle helmet before your child takes his first bicycle ride. Even a child riding in a bicycle carrier should wear a helmet. A child should always wear a helmet every time she gets onto a bicycle. Parents can do a lot to encourage a child to wear a helmet. Some ways include:

- Always wear a helmet yourself when you are riding a bicycle and try to ride with your child.
- Let your child pick out his or her own helmet.
- Buy some stickers to "jazz up" a helmet.
- Praise your child for wearing the helmet. Make sure the helmet fits properly.
- Always insist that your child put on a helmet before he or she gets onto a bicycle. If your child breaks this rule, don't let your child ride a bicycle for 1 week.

Choose a Proper Bicycle Size and Type

Having the right size of bicycle is important for the safety of your child. Children riding bicycles that are too big for them are injured more often than children with the proper size of bike. Never buy or allow the use of a bicycle that the child will "grow into." A child should be able to touch both feet on the ground comfortably when standing over the bicycle. The top bar of the bicycle should be at least 1 inch below the crotch while the child is standing. Your child should be able to reach the handlebars comfortably while sitting on the bicycle seat in an upright posture. Children just learning to ride on streets should use a bike with foot brakes. Foot brakes require less coordination for safe use. Children who can safely ride on roadways can use bicycles with hand brakes and manual gear shifts.

Maintain Your Bicycle

A child or parent should regularly check the bicycle's brakes and tire pressure. If the bicycle has rapid release hubs, check the hubs before each ride. Bicycles with damaged parts such as wheels, spokes, or handlebars should be repaired before they are used again.

School: Prepare for the First Day

Even if your child has been in child care, the first day of "real" school is an important event often marked by tense anticipation. Getting your child off to a good start the first few weeks of school will build future positive attitudes. If your child is about to start school for the first time, you may find the following ideas helpful.

1. Visit the school a few times before the start of classes. Get to know the school on the weekend. A big, new school is less intimidating on a quiet Saturday or Sunday. Walk or drive the route your child will take, look at the playground, and walk around the school, and even look into a window. This helps your child begin get used to the new environment. Try to find out the name of your child's teacher. If possible, let your child see the classroom, bathroom, and lunch area and meet the teacher before the first day of school. Many schools have specific times when you can visit. Ask for a school handbook and class schedule. Talk about school activities and rules with your child so he knows what is expected while at school.
2. Shop together for school shoes, clothing, and supplies. Let your child select his or her own backpack or lunch box and other supplies from the list given you by the school. Put the school supplies in the backpack together.
3. Allow your child to feel scared about starting school. Do not try to dismiss or ignore your child's feelings of fear. Point out that children are sometimes scared when they first go off to school because they miss their parents and do not know what to expect. Some children even cry a little at first. Tell your child that the teacher knows a lot about children, and will take very good care of your child. Talk about the things your child will

enjoy about school. Talk about the feelings you had during your first day of school, and tell something funny or positive that happened to you. Finally, if you work outside the home, try to arrange a few extra hours at home during your child's first week, if possible.

4. Prepare your child at home. Try to arrange to have your child meet a classmate before school starts. That way, your child will see a friendly face on the first day. You can relieve some anxiety by playing school at home. It also helps to talk in specific terms about what will happen. Talk about how your child will get to and from school. Talk to your child about what he or she is likely to do during the day and what you will be doing while your child is away. Tell your child what will happen once school is over for the day. Read books together about other children's school experiences.
5. Try not to make a big deal about the first day of school. Your child's first day of school is indeed a milestone. Do prepare and provide reassurance, but do not treat it as a world-shaking event. Your child will reach the first day of school with less fear if it is treated as a normal part of everyday life. Put a note in your child's lunchbox or a sticker on his notebook that makes him smile.
6. Once at school, do not force your child to participate. Allow your child to get used to the new place by observing rather than taking part. Your child is likely to resist if you push too hard.
7. Make your good-byes short and visible. If you do take your child to the classroom, do not try to sneak away while your child is doing an activity. Always say good-bye. When you say good-bye, act casual and upbeat. If your child protests, stay calm and state firmly that there is no other choice. Let your child know that you will see him at the end of the day.
8. After school, ask about your child's day. Ask questions such as "What happened at school. Did you make new friends? Did you have fun? What did you do?" Show special attention and affection. Let your child know that you are proud of her.

Reference: Relayhealth and Bright Futures 2017

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