

5-YEAR WELL CHILD VISIT Name: _____ Date: _____

WT: _____, _____% HT: _____, _____%

DIET

- Teach your child healthy eating habits now to avoid health problems in the future. You can visit www.mypyramid.gov for healthy eating tips for you and your child.
- Your child needs 32 oz of low fat or preferably skim milk per day. This may be replaced with cheese: 1 slice = 4 oz of milk. Also, calcium fortified orange juice, soymilk, and yogurt can replace milk oz for oz.
- Encourage your child to drink water. Limit juices and avoid all sodas and juice drinks.
- Watch your child’s portions- at this age; a child should not be eating adult portions. Do not over emphasize eating and do not permit your child to eat a little bit throughout the day (graze). Rather, have your child eat regular meals at the table, with a single, small, healthy snack between meals. Your child should never eat while watching TV, playing video games, or while on the computer.

VACCINES

- Your child may receive the Dapt #5 and the IPV #4 vaccines today. See handouts for possible reactions.
- Tylenol Syrup 160mg/5ml Dose: _____ml. every 4 hours Motrin/Advil Syrup 100mg/5ml dose: _____ml. every 6 hours. Use only if needed since Tylenol/Motrin may decrease vaccine effectiveness.

GENERAL MEDICAL CARE

- Today we will check your child’s **urine** and do fingers stick to run blood tests for **anemia**.
- Until your child is 6 years old, a parent must brush his or her teeth twice daily. You may use a “dab” of fluoride toothpaste. **Dental** visits are needed every 6 months. Protect your child from the sun- always use **sun block** and protective clothing when outside.

SAFETY: remember, an accident is the greatest threat to your child’s life.

Firearms: if you must keep a gun, keep it unloaded and in a locked place separate from the ammunition. Teach the dangers of guns and teach your child what to do if he or she sees a gun.

Falls: be sure the surface under play equipment is soft to absorb falls.

Burns: test the batteries in your smoke alarm. Also, make sure to have a fire escape plan for your home and teach it to your child!!

Poisoning: post the poison control number on all phones, including your cell phone 800-222-1222. Use safety latches. Lock up all substances with warning, caution, or poison labels on them.

Car: car crashes are the greatest danger to your child’s life. Children should only ride in the rear seat of the car. Your child is to remain in a car seat until he or she weighs 40 lbs or more.

Street: until a child is 10 years old they cannot determine the speed of an approaching car. If they are playing in the street, an adult must be with them at all times. In a parking lot, hold their hand.

Media: monitor all forms of media and teach your child the difference between reality and fantasy.

Bike Safety: Teach your child no helmet, no riding the bike!!!! Parents too! As with anything else, teach them by example. Also, don’t forget safety gear for roller blading or skate boarding.

Drowning: never leave your child around any water, even for a moment, even if the child can swim. Pools should be fenced on all sides. Teach your child to swim.

SOCIAL/DEVELOPMENT

- The greatest gift you can give your child is happy parents. Take time off from your child and encourage and nourish all relationships in your child’s home.
- Continue to teach your child about “good” and “bad” touching. Become the expert your child will turn to about issues on sexuality. Answer their questions and they will come to you.
- Your child should learn what to do if he or she gets lost or if **strangers** approach them. They should know their phone numbers, address, and how to dial 911. Teach them never to approach any animal that they do not know personally.
- **Limit TV** and encourage physical activity- Remember, your child’s lifetime habits are forming! T.V. promotes obesity, decreases school performance and promotes childhood fears and anxiety. This includes educational T.V.!
- Help your child to make **supervised choices** and develop their **independence**.
- **Discipline** your child using time outs, removal of privileges, etc. But, **BE CONSISTENT!!! Praise** good behavior.

FOLLOW-UP Your child’s next well visit is at 6 years of age.

DATE _____ TIME _____ MD _____ REASON _____

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