

5 YEAR OLD WELL CHILD VISIT

The complete details of today's visit are on our web site at pcpmds.com. If you do not know how to access your child's records please ask our staff on the way out and they will gladly help you. Remember to confirm future appointments you must click on the link you receive in the text message.

MEDICAL TESTING DONE: Complete results on the web site.

Hemoglobin, urinalysis, lead testing if not done twice in past, hearing, vision, **PPD/TB screen**

- **Schedule an appointment for 48 to 72 hours with MD to have TB screen checked on:** _____

VACCINES: DaPT-IPV FLU OTHER: _____

Vaccine Information Sheets (VIS) are available for review on our web site **pcpmds.com** under "forms and handouts". There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have also been sent to your own personal portal account. Laminated copies are available for your review in the office. Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.

These mild reactions may be treated with either:

Acetaminophen 160/5ml () ml every 4 hours as needed or **ibuprofen** 100mg/5ml () ml every 6 hours for fever > 101

NUTRITIONAL/ EXERCISE COUNSELING:

WT: _____ **% HT:** _____ **BMI:** _____ %

BMI over 85%= overweight over 95% = obesity WT to lose _____ Ideal weight _____ to _____

1. Teach your child **healthy eating habits** now to avoid health problems in the future – see out web site
2. Your child needs **32 oz. of low fat or preferably skim milk per day**. This may be replaced with 3-4 servings of low fat dairy products such as cheese and yogurt or non-dairy products like soy milk. Encourage your child to drink water. **AVOID all juices even 100% juices, sodas and juice drinks**. Sports drinks are only to be consumed to treat a virus.
4. Watch your child's **portions** -a child should not be eating adult portions. Family dinners at the table, 5/7 nights promotes healthy weight. **Only 1 snack per day**. Refer to portion handout on web site for portion sizes by age. No media, T.V., computers being, watched/played while eating. Do not over emphasize eating and do not permit your child to eat a little bit throughout the day (graze).
5. Children should have **60 minutes of exercise** per day, encourage family exercise as a way to do things together and teach healthy habits.

DENTAL: Twice yearly dental exams, twice daily brushing by a parent

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 and only in an approved car seat until 4'9 inches tall and/ or 13 years of age!

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.
- 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.