

FIVE YEAR VISIT

DEVELOPMENT

1. Physically, children are becoming bigger, stronger, and more coordinated.
2. Speech should be well established. Children should be able to express themselves well, know their letters and numbers, and write their names. They may also be able to read some words.
3. By this age, children have learned how to deal with their peers and with adults other than their parents. They are now ready to enter kindergarten or their last year of preschool. School will now become one of the most important aspects of your child's life. It is the responsibility of the parents to ensure that their children receive an adequate education. Parents must talk to their child's teachers and follow their child's progress closely. You must be willing to intervene on your child's behalf. Get Involved! If your child is not doing well in school or is not making adequate progress, you should ask the school for a comprehensive (CORE) evaluation. Please bring any school problems your child may have to the attention of your child's physician.
4. The importance of reading to your child cannot be over emphasized.
5. Parents should be monitoring the quantity and content of computer and television time. Television and videos are poor babysitters. There is no substitute for a parent's time. Limit TV, movies, video games and computer use to 1 to 2 hours per day.
6. Children start asking about how life begins and ends, and the difference between boys and girls. Be prepared.
7. Please complete the PEDS Response Form to help us assess your child's development.

DIET

1. Avoid sweets and other junk foods.
2. By now, your child has developed definite likes and dislikes with regard to foods. There is no single food that your child requires for good health. Offer a balanced diet.
3. Most children have an increase in their appetite at this age as they enter a growth spurt. Your child will eat what is needed if given the opportunity to eat a balanced diet.
4. Vitamin supplements are usually not needed at this age. Fluoride supplements may be prescribed if your water is not fluoridated.

SAFETY

1. Accident prevention is critical at this age. Never leave your child alone in the house, car or yard
2. Children should be in a booster safety seat with a lap/shoulder belt in the back seat if over 40 pounds and 40 inches.
3. If your child is riding a bicycle, skate board, scooter or roller blades, insist on helmet use.
4. Protect your home with smoke and carbon monoxide detectors.
5. Use window guards on upstairs windows.
6. Keep all medicines, cleaning supplies and sharp objects away from your child. Be sure matches and lighters are in places where children cannot reach them.
7. Poison Control Center telephone 1-800-222-1222.
8. Cigarette smoking causes cancer. Do not expose your child to this toxin.
9. Use sun block during the appropriate times of the year. Limit time in the sun. Use a hat.
10. Perform a full body tick check each night before bed.
11. Protect against mosquito bites. Use insect repellent sparingly.

12. Watch your child around any water.
13. Teach your child to be safe with other adults.
14. If there is a gun in your home, store it unloaded and locked with the ammunition locked separately. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

DISCIPLINE

1. Children have learned that there are restrictions that have been placed on their behavior. Temper tantrums should be less frequent as they have learned that they are not effective in getting them what they want. They are much more likely to use verbal means to get what they want.
2. Set consistent, reasonable limits. As children become more mature and are able to accept responsibility, they should be given more freedom and their limits should be increased. The parent, however, must remain in control.
3. Both parents must agree on the method of discipline. Parents and caretakers must be consistent.
4. Reward desired behavior. Do not reward undesired behavior.
5. Self-image is important. Children like to please. They should not be referred to as bad, since they will be given a reputation to live up to. You may disapprove of what your child does, but never disapprove of your child.
6. Be reasonable, be consistent, and be patient. Children learn by repetition.

SLEEP

1. Sleep disturbances (nightmares) are common at this age. Your child should be comforted, fully awakened and then returned to sleep. Children should not be allowed to get up to play after they are put to bed and should not be allowed to come into bed with their parents. Do NOT place a TV in your child's bedroom.
2. Establishment of a definite bedtime routine such as a bath followed by a bedtime story will help your child settle down to go to sleep. Parents should select a bedtime they believe is reasonable and fits into the family routine.
3. Naps are variable at this age. Children who do not take a daily nap should have a quiet time during the day.
4. The American Academy of Pediatrics recommends 10-13 hours of sleep, including naps, per day at this age.

SCREENING PROCEDURES

1. Hearing Screening.
2. Vision Screening.

PROCEDURES

1. The American Academy of Pediatrics recommends that fluoride varnish be applied every 3-6 months to the teeth of infants and children between the ages of 6 months and 5 years. Please discuss this recommendation with your physician.

IMMUNIZATIONS

1. Please notify the physician if your child has had a reaction to any previous immunizations.
2. Today, your child will receive:
 - A. MMRV (Measles, Mumps, Rubella, Varicella).
 - B. Kinrix (Diphtheria, Tetanus, acellular Pertussis, Inactivated Polio Vaccine).
 - C. Influenza vaccine, if available.

NEXT VISIT: At 6 years of age.

Parent/Guardian must accompany child at all visits.

Copies of this and all Handouts may be found on our website at www.tri-countypediatrics.com