

WELL CHILD: THE 5 YEAR OLD (1 OF 2)

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Name	_____	Weight	_____
Date	_____	Height	_____
		BMI (body mass index)	_____
		BP	_____ / _____ HR _____
		Vision: R	_____ / _____ L _____ / _____
		Hearing	_____

NUTRITION

- Continue education regarding good nutritional balance and variety. Continue to introduce small amounts of a variety of foods.
- Eat together as a family. Continue to model good nutrition and exercise habits.
- Give daily supplements of vitamin D (600 IU) and calcium (1000 mg) if your child takes less than 16 oz. of milk per day. Avoid giving too much milk; offer water instead between meals. Avoid juice and sweetened drinks.
- Separate TV time and eating times.

DENTAL CARE

- Continue regular dental visits. Ask me about fluoride supplements if your child drinks water without fluoride.

DEVELOPMENT

- Skipping, walking on tip-toes, broad jumps, and active games are popular between 5 and 6 years old. Dresses and undresses without supervision.
- It is common for 5-year-olds to be wet at night.
- Identifies coins and names four or five colors; can tell own age.
- Knows most of the alphabet and begins counting; defines at least one word (ball, shoe, etc.). Enjoys singing, music, drawing and possibly writing.
- Copies triangle from illustration. Draws a person with head, body, arms & legs. Curious about gender differences.

ACTIVITIES

- Promote interactions with other children. Demonstrate interest in kindergarten.
- Set up and clean up table.
- Clean own room (rudimentary efforts). Help with household tasks.
- Be active with your child, walk to the playground, bike, garden. Music—interactive.
- Read a minimum of 20 minutes a day.

ANTICIPATORY GUIDANCE

- **Safety:** Teach your child about water and bicycle safety. Now is a great time for swimming lessons. Continue to be consistent with helmet use. Continue to model and reinforce seatbelt use.
- Discuss gun safety and carefully lock up firearms, matches and poison.
- Stranger awareness: Identify the safe and helping strangers when you are out in the community. Discuss touching that is appropriate and inappropriate. Identify people they can talk to if they feel uncomfortable about how someone touched them. Teach your child not to accept food, rides, or “help” from strangers.
- Home fire safety: Teach your child to dial “911” and give your address in an emergency. Emphasize that this is not a game.
- **Parenting:** Discuss both your child’s feelings and your feelings. Review the best/worst thing about your day and your child’s day. Carefully listen to the answer. Make and plan “dates” with your child. Child-directed play continues to be very important. Your child can make his/her own lunch with your supervision and help.

WELL CHILD: THE 5 YEAR OLD (2 OF 2)

- Limit screen time (video, TV, computer) to less than one hour a day. Read, read, read.
- School readiness: Indicators include taking turns, following directions, expressing ideas clearly, ability to function well alone and within a group.
- Teach your child his/her own phone number.
- Dental visits are recommended every 6 months. Brush and floss twice a day.
- If you need assistance, heligrowwa.org is available to help with food resources, transportation, clothing, employment, housing, or other support.

SAFETY

- Continue using a booster seat in the car, until 4' 9" tall and seat belt fits properly.
- **In case of ingestion of poisons, call the Poison Control Center immediately. Post this number by your phone: 1(800)222-1222.** Do not use syrup of ipecac. Visit poison.org for more information.

IMMUNIZATIONS AND TESTS

- Vision and hearing screenings
- You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements, at www.vmfh.org.
- We recommend influenza vaccination every year for **all** infants (age 6 months and up), children, adolescents, and adults. Visit flu.gov for more information and visit www.vmfh.org every fall for flu vaccine clinic information.

Acetaminophen (Tylenol)

Child's weight	Infants' or Children's suspension (160 mg/5 mL)	Children's chew tab (80 mg each)
18–23 lbs	3.75 mL (¾ tsp)	
24–35 lbs	5 mL (1 tsp)	2 tablets
36–47 lbs	7.5 mL (1½ tsp)	3 tablets

Acetaminophen may be given every 4 hours but not more than 4 times in 24 hours. Please call the office if a fever persists for more than 2 days or if you have any questions about your child's illness or vaccine side effects.

Ibuprofen (Advil, Motrin)

Child's weight	Infant drops (50 mg/1.25 mL)	Children's suspension (100 mg/5 mL)	Children's chew tab (50 mg each)
18–23 lbs	1.875 mL	3.75 mL (¾ tsp)	
24–35 lbs	1.25 mL + 1.25 mL	5 mL (1 tsp)	2 tablets
36–47 lbs		7.5 mL (1½ tsp)	3 tablets

Ibuprofen may be given every 6 hours and not more than 4 times in 24 hours.
PLEASE CHECK THE CONCENTRATION OF THE IBUPROFEN YOU ARE USING.

NEXT VISIT

- Please make an appointment when your child is 6 years old.

BOOKS / RESOURCES

- *How to Get Your Kid to Eat ... But Not Too Much* by Ellyn Satter
- *Playful Parenting*, by Lawrence Cohen
- *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*, by Laura Markham
- *It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends* by Robie H. Haris and Michael Emberley