

5 Year Check-Up

ENTERING SCHOOL

Name _____

Height _____

Age _____

Blood Pressure _____

Date _____

Vision _____

Weight _____ lbs.

Hearing _____

DIET

Continue to encourage good eating habits encouraging vegetables and fruits but avoid food battles. Set a good example with your own eating patterns. Limit so-called junk foods and avoid the empty calories of juice and soda. It is important to establish good breakfast habits in anticipation of school years. Snacks should be considered mini-meals and provide nutritional value. Your child should be involved with food preparation, grocery shopping and setting/clearing the table.

DEVELOPMENT

- Five-year-olds face many new challenges – they are expected to separate from their parents and an increased attention span is needed.
- Help your child learn to control his impulse and learn appropriate ways to deal with disappointment.
- Address the importance of not being a bully and teach him that no one has the right to bully him.
- Let them know who they can turn to if they need help.
- Enjoy your five-year-old! This age is usually less difficult, as your child is less rebellious and quarrelsome than at age four.
- As entrance into elementary school approaches, your child's school readiness and ability to separate from you as parents becomes important. Children who have had a successful preschool experience tend to have an easier transition into elementary school.
- Your child needs to know his name, address and telephone number.
- He can dress himself now except for some help in tying his shoes.
- Work with him on writing his name, drawing, coloring and scissors skills.
- Independent bathroom skills are important in preparation for independence in school. This includes washing hands after using the bathroom. Continue to refer to body parts with accurate terms.
- Encourage regular exercise. Have fun together as a family.

• Limit TV viewing to one hour per day. Be aware that exposure to violence has been shown to increase childhood aggression and inappropriate behaviors. Parental overview and help in selection is essential.

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also.)

- Your child should always be in a safety-approved car seat/booster seat until he is eight years old, 80 lbs. and 4 ft. 9 inches.
- Establish and enforce consistent, explicit and firm rules for safe behavior.
- Ensure that guns, if in the home, are locked up and that ammunition is stored separately. A trigger lock is an important precaution.
- Teach your child safety rules for getting to and from school. Reinforce bus safety rules taught by the school.
- Develop a plan on what to do in case he thinks he is lost.
- Teach safety rules regarding strangers.
- Continue to put on sunscreen before your child goes outside.
- A helmet is needed anytime your child is on a bicycle. Teach your child bicycle safety rules.
- Be sure to have an emergency fire plan and practice your fire drill.

IMMUNIZATIONS

DTaP-IPV	Given/Not given
DTaP	Given/Not given
IPV	Given/Not given
MMR	Given/Not given
Varicella	Given/Not given

Next health care visit is when your child is _____ years old.

COMMENTS
