

5 year old check-up



Patient and Family Education

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

TIPS FOR TAKING CARE OF YOUR CHILD

PARENTING

- There are many things you can do as a parent to help your child grow up healthy and well adjusted:
 - Give him lots of love and care.
 - Set fair but firm rules.
 - Enforce the rules each time they are needed.
 - Teach your child to be responsible for his actions.
 - Teach him your family values and the difference between right and wrong.
- Your child wants and needs your love and your praise. Hug him, and tell him that you love him often. Tell him when he does something that pleases you. Thank him when he does something nice.
- Your child may want to help around the house. Give him small jobs, such as picking up toys and setting the table.
- Be patient with your child's constant questions. He is very curious and often asks, "Why?" Give him simple answers.
- Read to your child every day. Let him choose the stories. Visit a nearby library often.
- Take time out for yourself. Ask someone you trust to watch your child while you do something alone, with your spouse or with a friend.
- Be sure to check out the background of caregivers you do not know.
- If your child does not behave, be calm but firm. Set a good example of how you want him to behave.
 - If he refuses to listen to you, place him in "time out" for 4 to 5 minutes. Have him sit by himself in a safe place.
 - If he is hurting something or someone with a toy, take the toy away. You may also take a privilege away, such as watching a video.
 - Be consistent. Only make rules that you can carry out. If you say you are going to do something, do it.

DEVELOPMENT

- Your child may know many of his letters and numbers now. He may even be learning to put letters together to read simple words.
- Your child can dress himself, but he still may need help with shoelaces, buttons and zippers. Let him help pick out the clothes he wears.
- Your child can enjoy simple games, such as "Go Fish" or "I Spy." He can follow rules and expects others to do the same.
- Watch TV with your child and ask him questions about what he sees. Choose shows without violence or sex. Do not allow a TV set in his bedroom.
- Supervise what he does on the computer. Keep it in a common area.

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5 year old check-up, continued

- Your child is learning the difference between boys and girls. He may ask questions about where he came from. Keep your answers simple, and teach him the proper words for body parts.

SAFETY

- Home
 - If you live in an older home, have it tested for lead.
 - Keep cleaning items and medicines locked up and out of reach. Always keep them in their original container.
 - Install smoke and carbon monoxide detectors. Change the batteries twice a year. Have a fire escape plan for your family, and practice it often.
 - Keep hot and sharp items out of reach.
 - Do not let your child play near the stove or next to you when you are cooking.
 - Keep guns and bullets locked up and out of reach.
- Car
 - Make sure your child rides in a car safety seat or booster seat every time you go driving, no matter how short the trip.
 - Make sure that the seat is the correct size for your child's height and weight.
 - A seat with a harness is safer than a booster seat. When choosing a seat, look for one that has a harness with higher weight limits.
 - Follow both the car owner's manual and the child safety seat directions for how to install the seat correctly.
 - Keep the car seat or booster seat in the backseat.
 - If using a car seat, buckle the car seat to the car, and buckle your child into the car seat.
 - If using a booster seat, use the seatbelt to buckle your child in place. Teach your child to buckle the booster seat in the car when he gets out. This helps to keep others from being injured.
 - Set a good example for your child. Wear your seatbelt, too.
- Smoking
 - Do not smoke at home or in the car.
 - Keep your child away from cigarette smoke. Breathing in second-hand smoke can cause asthma, ear infections and other breathing problems.
 - Keep matches and lighters out of reach.
- Body safety
 - Teach your child:
 - No one should touch his private parts (parts covered by a bathing suit) except to keep him healthy, such as a doctor or nurse during a check-up.
 - Tell a trusted adult if something happens that makes them feel uncomfortable or unhappy.
 - Never keep secrets from you unless it is a good surprise, such as a birthday present.
- Animals
 - Teach your child:
 - Ask an adult before petting a strange animal.
 - Do not tease animals or take their food away.
 - Do not put his face near an animal's mouth.
- Play
 - Spend time playing with your child. Teach him how to share and take turns.
 - Help your child use his imagination. Buy toys that help him pretend, think and learn.

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- Make sure that your child's play area is safe. Do not allow him to play in the street.
- Teach him how to cross the street safely.
- Make sure your child wears a bike helmet when he rides a bike. He also needs a helmet if he rides on a bike with you outdoors
- Outdoors
 - Use a sunscreen and insect repellent that is safe for children. Use it each time he plays or swims outdoors during the day.
 - Make sure your child wears shoes, even in the grass.
 - Teach your child how to swim and be safe in the water. Never leave your child alone in the water. "Swimmies" should not be used as a life vest.

A FEW NEVER, EVER's –

To help keep your child safe - **NEVER**:

- Leave your child unsupervised.
- Leave your child alone in a car.
- Hold your child in your lap while riding in the car.
- Allow your child to wear necklaces, straps or backpacks on the playground or during sleep. These items can cause choking.

FEEDING

- Eat meals as a family. Turn off the TV and cell phones.
- Share news of the day, and talk together. Keep meal time pleasant. Focus on family news and not on what or how much your child is eating.
- Stick to scheduled meal times and 1 to 2 snacks.
- Your child may enjoy growing a garden, reading about food and helping you cook.
- Your child's doctor may also advise that you give him a multivitamin each day.

Meals

- Your child needs food from all food groups:
 - Lean meat, eggs, beans and cheese for protein
 - Fruits and vegetables for fiber, vitamins and minerals
 - Whole grains, such as cereal, pasta and whole grain bread for fiber, vitamins and minerals. At least half of the grains he eats should be whole grains.
 - Dairy foods, such as milk, cheese and yogurt for calcium.
- Fill half your child's plate with fruits and vegetables.
- Allow your child to choose how much to eat, and do not scold or nag him about what he is eating or not eating.
- Your child may eat less now. He knows how much he needs to keep him from being hungry.
- Limit fast food meals and snacks. These foods have a lot of fat, sugar, salt and calories but little nutrition.
- If your child takes his lunch to school:
 - Pack him foods from each of the food groups.
 - Let your child help you pack his lunch.
 - Freeze a water bottle, and add it to the lunch box to keep foods cold.

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- **Snacks** Give your child healthy snacks, such as fruits, raisins, string cheese (cheese sticks), whole wheat crackers, rice cakes and graham crackers.
- Avoid foods and drinks with lots of sugar, such as desserts, sweetened cereals, candy, sweet tea and sodas. Candy and sticky, sweet foods can cause tooth decay.

Drinks

- Give your child low-fat or skim milk.

SLEEP

- Have a regular bedtime and routine for your child.
- Read to your child each night before he goes to sleep.

HEALTHY HABITS

You can help keep your child and your family healthy when you:

- Wash your hands often during the day. Teach your child and other family members to wash their hands often, too. Use warm water and soap and scrub for 20 seconds.
- Have your child bathe regularly. Have him brush his teeth with fluoride toothpaste each morning and at bedtime.
- Take your child to the dentist for regular check-ups.
- Make sure your child gets needed vaccines to help prevent disease.

Your child learns through play. Limit screen time to 1 or 2 hours a day. Some examples of screen time are:

- TV
 - Computers
 - Videogames
 - Tablet devices
 - Smart phones
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- Avoid giving fruit punch and 100% fruit juice to your child. It often has extra sugar he does not need. Try giving him small pieces of whole fruit instead. If you do give him juice, only give your child 4 to 6 ounces a day. Dilute it so it is 1/2 water and 1/2 juice.
 - Also avoid giving soda, sports drinks, energy drinks and sweet tea to your child. Give water or diluted juice instead.
 - Whether inside or outside, give your child the chance to be active every day. Active play is good for all children. Your child should have 1 hour or more of physical activity daily.

For more information and tips on living a healthy lifestyle, you may go to www.strong4life.com.

FOR YOUR CHILD'S NEXT VISIT

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

5 year old check-up, continued

- You and your child's doctor can talk about how things are going with your child.
- Your child will have a physical examination (check-up) that may include getting vaccines. You will have a chance to ask questions.
- You may want to talk about your child's:
 - Eating and sleeping
 - Safety
 - Development
 - Behavior, time-out and discipline
 - School, friends and social skills

THINGS FOR YOU TO DO

- Keep a record of when your child is ill or hurt. Share this record with your child's doctors.
- Make a list of questions to talk with your doctor about at the next visit.
- Bring your child's shot (vaccine) record to your next visit.

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