

The Pediatric Center

Boulder, CO
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5 YEAR VISIT



Name: _____

Date: _____

TODAY'S MEASUREMENTS

Height _____ inches (_____ percentile)

Weight _____ pounds _____ ounces
(_____ percentile)

BMI _____ (_____ percentile)

Blood Pressure _____ / _____ mm Hg

IMMUNIZATIONS

Chickenpox (varicella)

DTaP (diphtheria, tetanus and pertussis)

MMR (measles, mumps and rubella)

Polio

Influenza

Possible vaccine side effects are rare but may include:

- Fever
- Redness or swelling at the site of the shot

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

Next Visit: Six years of age

SLEEP

- Establish a soothing, simple bedtime routine, so that your child gets 10-11 hours of sleep.
- Bedwetting is normal at this age. Do not scold or punish your child for this.
- If your child snores heavily or you are having trouble with his or her sleep habits, as your doctor for help.

NUTRITION

Your child should be eating on his or her own. Offer choices when possible and try to get him or her to try new foods. This will help teach your child healthy eating habits as he or she grows up. Be a role model by using good table manners. Choose healthy foods and avoid soda and junk and fast foods.

- Be sure your child eats breakfast every day.
- Your child needs 1,000 milligrams of calcium (that is three servings of dairy) daily. Low-fat dairy products such as milk, yogurt and cheese are good sources. Breads and cereal with added calcium are good choices for children who do not eat or drink enough dairy products. If your child is not getting enough calcium, a calcium supplement may help. Talk with your doctor.
- Try to feed your child at least five servings of fruits and vegetables daily.
- Limit juice to no more than four ounces a day. Do not allow your child to drink soda.
- Teach your child to choose healthy snacks. Avoid frozen or prepackaged treats that are high in sugar and fat. Fresh fruits, nuts, cheese and yogurt are healthy choices.
- Eat meals with the whole family. Do not eat in front of the TV or other screens.

DEVELOPMENT

All kids develop at their own rate. At this age you may notice that your child:

- Skips or walks on tiptoes
- Dresses and undresses alone
- Cuts and pastes paper
- Buttons clothing
- Copies a triangle
- Draws a person with a head, a body, and limbs
- Defines at least one word, such as "shoe"
- Learns to tie his shoes
- Recites songs
- Tells a simple story
- Names five colors and counts to 10
- Knows his or her name and address
- Plays make-believe and acts as the mommy, for example
- Makes friends and plays well with them
- Begins to know right and wrong and fair and unfair; understands that games have rules

SAFETY

- Your child should always ride in the back seat (until at least 13 years of age) and use a forward-facing car safety seat or belt-positioning booster seat.
- Follow safety guidelines when your child is around water. Teach your child to swim.
- Keep an eye on your child when he or she is near streets. Teach him or her to not cross the street without an adult.
- Teach your child about boundaries and let them know no one has the right to touch them or make them feel uncomfortable. No adults should ask your child to keep secrets from you. Use proper names for all body parts. No adult should show interest in your child's private parts. No adult should ask your child for help with his or her own private parts. Remind your child that they won't get in trouble for talking to you, no matter what they have to say.
- Teach your child what to do in case there is a fire or other emergency and how to dial 911. Make sure that your child can recite his or her name, address and phone number.
- Cook on the back burners of your stove to reduce the risk of burns. If your child gets burned, apply cold water (not ice) right away and call your doctor.
- Make sure that all chemicals, medications, edibles, cleaners, button batteries, small magnets, knives, matches and other hazardous materials are locked away, out of your child's reach.
- When you go out, put a hat on your child, have him or her wear sun protection clothing, and apply sunscreen with SPF of 30 or higher on his or her exposed skin. Limit time outside when the sun is strongest (11:00 am—3:00pm).
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, climbing, and horseback riding.
- Remind your child to not go with strangers or take anything from them.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked in a gun safe and stored away from ammunition.
- If you are worried about violence in your home, speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or ndvh.org
- Keep the Poison Control Hotline posted on your refrigerator: 1-800-222-1222

DISCIPLINE

- Keep consistent rules and limits.
- Tell your child what to do instead of what not to do.
- Praise good behavior.
- Explain why you say yes or no when your child asks for something.
- Help your child solve problems by himself or herself.
- Teach your child how to say sorry.
- Show him or her the difference between right and wrong.
- Praise your child when he or she cares about other people's feelings.

FOCUS ON FAMILY

- Make time for the whole family to be together. This may include mealtimes, bedtimes and family vacations. At mealtimes, include your child in the conversation.
- Spend time together being active— go for walks, play at the park or ride bikes.
- Encourage your child to explore, do things on his or her own and tell you what he or she wants. Children learn self-respect and love when they feel that their ideas are important to you. Have your child tell you about his or her friends and activities at school. Listen to what your child has to say.
- If you let your child watch TV, limit it to less than 2 hours a day and watch it together. Do not watch during mealtimes. Do not put a TV or other screens in your child's bedroom.

PROMOTING DEVELOPMENT

- Children this age ask many questions. Keep your answers short and tell the truth.
- Encourage daily exercise by taking your child to the playground or park.
- Read to your child every day. Let him or her tell you the story. Point out letters and play rhyming games together. Take your child to the library and choose books that he or she likes.
- Help your child brush his or her teeth twice daily with toothpaste that has fluoride in it. Teach your child how to floss. Take your child to the dentist every six months.
- Give your child simple household chores.
- Speak to your child slowly, clearly and in adult language. Do not hurry his or her speech or speak for your child.