

Well Child Care at 5 Years

HEALTH ISSUES

- Offer healthy snack and meal choices, limiting sugars. Children often don't eat meals well because they graze with snacks all day - that is fine, just make sure those snacks are healthy snacks (yogurt, peanut butter, cheeses, crackers, cereals).
- Avoid direct sun exposure. Use a sunblock SPF 15-30.
- Continue fluoride supplement if recommended by your doctor. Make an appointment with your dentist for a routine exam and start routine cleanings every 6 months if you haven't already.
- Continue to have your child brush his or her teeth daily with a pea-sized amount of toothpaste. You should assist them to ensure proper cleaning.
- Ensure adequate amounts of sleep and physical activity.
- Encourage importance of good personal hygiene.

SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Install and test your smoke detector in or near your child's room.
- Childproof your home (poisons, medicines, guns, cigarettes, hot liquids).
- Make sure any playground environment is safe.
- Use a bike helmet for your child (and yourself) when riding.
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Keep matches out of reach and instruct on fire safety.
- Do not keep a firearm in your home. If you must, make sure it is locked and out of reach.
- Start teaching your child not to take rides or food from strangers; also, teach that his or her "privates" should not be touched or looked at by anyone other than mom, dad, or a doctor.
- Provide a safe after-school environment.
- Teach your child how to swim and follow water safety rules.

Fever > 101°

Acetaminophen

15 mg/kg or 3 chewable (80mg) tablets every 6 hours as needed

or

Ibuprofen (not Aspirin)

10 mg/kg every 6 hours as needed

Congestion

Saline nose drops, suction with bulb syringe

Important Numbers

Poison Control

1-800-222-1222

Call us if your child...

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

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YOUR BABY SHOULD...

- Learn his or her phone number and address.
- Be able to draw a person with head, body, arms, legs; copy a triangle or square.
- Be able to recognize most letters and be able to print a few.
- Be able to dress self without much help.
- Be playing make-believe.

YOU SHOULD...

- Introduce and play board games and card games with your child.
- Limit TV to certain programs and to maximum of 1 hour per day. Practice selective TV viewing.
- Continue to read books interactively with your child.
- Encourage opportunities for safely exploring his or her environment .
- Reward good behavior as much as possible.
- Be consistent with rules. Be firm. You decide how strict or liberal to be, just make sure you are consistent.
- Keep discipline brief. “Time-out” is usually effective at this age.
- Offer choices to your child at every opportunity to allow decision making.
- Encourage assertiveness but not aggressive behavior.