

5-6 YEAR VISIT

Child's name: _____

Today's Date: _____

TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

BODY MASS INDEX: _____ (_____ %ile)

BLOOD PRESSURE: _____ / _____ mmHg



Ready for School

- Take your child to see the school and meet the teacher
- Read books to your child about starting school
- Talk to your child about school
- Talk with your child every day about things he liked, any worries, and if anyone is being mean to him
- Read with your child every day. Let him tell you the story
- Point out letters and play rhyming games together. Take your child to the library and choose books that he likes
- Speak to your child clearly and in adult language. Do not hurry his speech or speak for your child
- Encourage your child to explore, do things on his own, and tell you what he wants. Listen to what your child has to say

Promoting Healthy Habits

- Children should be able to eat on their own at this age. Offer healthy foods appropriate for the whole family at mealtime. Be a good role model by avoiding soda and junk food
 - Your child needs 800 mg of calcium every day. Low-fat dairy products such as milk, yogurt, and cheese are good sources. Non-dairy sources of calcium include some breads and cereals, and green leafy vegetables
- Try to feed your child at least 5 servings of fruits and vegetables daily
- 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
- Help your child brush his teeth twice daily with toothpaste that has fluoride in it. And teach your child how to floss. Take your child to the dentist every 6 months
- Give your child simple household chores
- Be active as a family often - go for walks, play at the park, or ride bikes. Your child should be active for at least 60 minutes every day
- Limit TV/screen time to no more than 2 hours per day



Discipline

- Keep consistent rules and limits
- Try to say things in an upbeat way - 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
- Teach your child how to say sorry
- Show him the difference between right and wrong
- Praise your child when he cares about other people's feelings

Toilet Training

- Most children now stay dry during the day. Bedwetting is still common at this age
- Allow your child to help change the sheets if he has an accident, but do not punish him for wetting the bed
- Teach your child to wash his hands after using the bathroom

Safety

- Check the height and weight limits on your child's car seat. Children should use a forward-facing seat with a harness for as long as possible. All children whose weight or height exceeds the forward-facing limit for their car seat should use a belt-positioning booster seat until they have reached 4 ft 9 inches tall
- Children should always ride in the back seat
- Teach your child to swim. Never allow your child to be unsupervised around water
- Use sunscreen when outside
- Provide a well-fitting helmet and safety gear for biking, skating, in-line skating, and horseback riding
- Never had a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely
- Teach your child what to do in case there is a fire or other emergency, and how to dial 911. Make sure your child can recite his name, address, and phone number
- Teach your child how to cross the street safely
- Teach your child about bus safety
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or ndvh.org

Immunizations

None routinely

POISON CONTROL

1-800-222-1222

CHILD SAFETY SEAT INSPECTION

seatcheck.org

NEXT VISIT

Four months of age