

Well Child Visit: 5-6 Years
General Pediatrics Department, Naval Medical Center Portsmouth
After Hours Pediatric Advice Line 628-8805 Poison Control 1-800-222-1222
Appointments or Referrals 1-866-MIL-HLTH How do I call my doctor? 953-7716

Date: _____ Your Child saw Dr. _____ today
Weight: _____ kg (_____ %) _____ pounds Blood Pressure: _____
Length: _____ cm (_____ %) _____ inches BMI: _____ (_____ %)

Caring for your growing child:

Personal Hygiene and Self Care: Your child is attending school or soon will be, and appropriate personal hygiene should be encouraged. Although it is difficult, allow your child to take an active role his or her own self care.

- Be patient. Some children are able to attend to these personal hygiene tasks with minimal help, but others still need prompting and monitoring.
- Encourage your child to dress him or her self, make his or her own bed, and to brush his or her teeth twice each day, to change his or her underclothes daily, and to wear clean dry socks.
- Your child should shower or bathe as needed.
- Remind your child to wash his or her hands after using the bathroom.

Dental Care: To ensure that your child is brushing well each day, you can brush his or her teeth at night, and your child can brush his or her own teeth in the morning.

- Use a toothpaste containing fluoride.
- To prevent cavities, avoid frequent snacks, sugary drinks, and provide no more than 4 ounces of juice daily.
- Your child will visit the dentist once or twice a year for a check up and cleaning.
- If your child takes liquid medications, be sure to brush your child's teeth after giving the medication.

Meal times: Offer three meals daily and healthy snacks in between if needed.

- Breakfast is essential for a productive school day.
- Eat dinner as a family as often as possible and encourage your child to help in meal preparation.
- Encourage conversation and good table manners.
- Limit junk food, candy, prepackaged snacks and provide low fat dairy products and non-fat milk.

Playtime: It is important to allow your child to play with other children of the same age. He or she will like to play games with other children, and is able to play games with simple clear rules.

- Encourage play that involves physical activity, as opposed to sedentary video games.
- Many children this age are able to participate in a team sport with children of the same age.
- Although it is tempting, try not to over schedule your child in structured activities.
- Allow plenty of time for free play and exploration.

Sleep: Ensure that your child gets adequate sleep. Set a routine for bedtime and be consistent with the routine. Children this age need 10-11 hours of sleep each night.

- Poor or inadequate sleep can lead to mood swings, behavior problems like hyperactivity, and decrease in ability to learn in school.
- Make children's room conducive for sleep- dark, cool and quiet. Keep TVs, computers and video games out of the bedroom.
- Avoid caffeine.

Discipline: Be firm and consistent. Praise your child for good behavior and accomplishments. Provide chances throughout the day for your child to demonstrate good behavior.

- Avoid hitting, slapping and spanking your child.
- Use a short time out and then redirect your child to a new activity.
- Be consistent! All caregivers should agree on what is and is not acceptable behavior.
- Children this age do not respond well to being rushed, and attempts to do so often leads to further frustration. Keep this in mind when trying to juggle your daily schedule.

Sexuality education: It is normal for children this age to be curious about their body parts and the body parts of others.

- Use the correct words when describing body parts.
- Explain that certain body parts are private, and if someone asks to see or touch these private areas, to tell an adult, like mom, dad, a doctor or teacher.

- Most children are modest at this age, and want privacy for changing clothes, bathing and toileting.

School preparation and attendance: Expectations in kindergarten vary between school districts, so take time to find out what will be expected of your child in this new learning environment.

- Visit the school and meet the teacher before the first day of school.
- Ensure your child knows how he or she will get to and from school.
- Show a positive attitude about school, and treat school as part of the normal course of events for all children.

Television and media: Limit your child's use of TV, movies, and computer games to 1-2 hours a day.

- Do not put a TV, DVD player, or gaming system in your child's bedroom.
- When your child does watch television, watch the program with them, and talk about what he or she is watching.

Smoking: Your child is watching you and learning from your behaviors. Set a good example and do not smoke. For your child's health, if you smoke, consider quitting.

Safety:

1. **Falls and injuries:** Falls cause many injuries in children. Teach your child about safety rules of riding toys like scooters and bikes-ALWAYS wear a helmet. Begin to teach your child about being safe around roads and driveways. Teach your child how to cross the street safely and provide a good example when crossing the street. Teach your child about animal safety- especially dogs, who sometimes are afraid of small children.
2. **Burns:** Never leave cups of hot liquids on table/counter edges. Use your smoke alarm and check it monthly. Teach your child what to do if the fire alarm sounds. Do not leave a hot iron accessible with a dangling cord.
3. **Car accidents:** Your child should always ride in a properly-installed booster seat, even on short trips. Your child should continue to ride in the back seat. Be a good example and always wear your seat belt in the car. Never leave your child alone in the car, not even for "just a second."
4. **Sun:** Use sunscreen on sun exposed areas, avoiding the hands. Reapply sunscreen if you are in the sun for more than an hour or two.
5. **Drowning:** This is a good age to enroll your child in swimming lessons. Learning to swim, however, will not make your child "drown proof." Learn CPR.
6. **Poisoning:** Many things can poison children. Watch out for garden and house plants, hair products and cosmetics, and gasoline, insecticides, and cleaning products. Keep medications locked up and out of reach.
7. **Stranger Safety:** Teach your child about strangers. This is a good time to begin to discuss private areas on the body and safe touching. Teach your child his or her full name, telephone number and address. Practice the proper way to answer the phone with your child.

Illness concerns:

- **Fever:** Fever is a common reason for bringing young children to the emergency room or clinic. If your child has a fever, but is otherwise acting well, you may give your child Tylenol or Motrin. Both viral and bacterial infections can cause a high fever. The temperature of a child with a fever is less concerning than how the child is behaving overall. If a fever lasts for more than 48-72 hours, but your child is still well appearing, call the clinic for further guidance. If your child has a fever, keep him or her out of school
- **Use of the emergency room(ER):** Your child should be brought to the ER if he or she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, is working hard to breathe, is breathing quickly (more than 50 times per minute), is dehydrated, or for other parental concerns.

Your child's Tylenol dose is _____ mg or _____ ml of Children's Tylenol (160 mg/5 ml) every 4-6 hours
 Your child's Motrin dose is _____ mg or _____ ml of Children's Motrin (100 mg/5 ml) every 6-8 hours

Immunizations

Your child's immunization schedule will be reviewed at this visit, and any vaccines your child may be missing will be given. The Influenza vaccine is recommended for all children over six months of age during Flu season.

Next Visit

Bring your child in annually for a routine exam. Always bring your child's immunization card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.