



5 Year Check-Up

Child's Name _____ Date _____

Height _____ Weight _____ Blood Pressure _____

IMMUNIZATIONS/TESTING

Today your child will receive immunizations required for school attendance if they were not given last year. Please read the vaccine information provided and ask your doctor any questions you may have. You will be asked to sign a form, giving consent for the vaccines. If indicated, your child will receive the DTaP, IPV, MMR, and Varicella vaccines. Please inform your doctor of any previous reactions to vaccines. Common reactions include fever, irritability, local redness, swelling, and pain, which may last up to 2 days. For mild reactions, treatment includes cool compresses and acetaminophen (i.e. Tylenol).

In addition, you may receive a list of questions to help determine whether a PPD (a test for TB/tuberculosis exposure) is indicated. If a PPD is placed, we will need to recheck the test site in 48-72 hours. Your child may be due for a blood test (hematocrit) to check for anemia if it was not done last year. This will be done in the office or at a local laboratory depending upon your insurance. If your child is at risk for lead exposure, a lead level will also be done if not done last year. Please notify your doctor if there is a family history of cardiovascular disease such as heart attack or stroke before the age of 55 in men or 65 in women or if there is a family history of any cholesterol or lipid problems. A blood test to check your child's cholesterol level may be indicated. Finally, your child is due to have his/her vision checked. A hearing screen will also be done if not done last year or if you have any concerns.

If it is flu season, please be sure all family members, especially siblings, and all people who come in contact with your child are vaccinated against influenza. Influenza vaccine will be offered during flu season. Remember, good hand washing is the best defense against all illness any time of year.

DEVELOPMENT

At 5 years your child should:

- Know address and telephone number.
- Count on fingers.
- Speak in sentences of 6-8 words.
- Copy a triangle or square. Draw a person with a head, a body, arms, and legs.
- Recognize many letters of the alphabet and a few words.
- Print some letters.
- Understand left and right on self.
- May be able to skip.
- Dress self without help. Eat and toilet independently.
- Play make-believe and dress-up.
- Help with easy household chores and have some responsibilities.

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This is the age when permanent teeth begin to appear. Children will demonstrate left or right handedness. They can begin to participate in semi-structured games and enjoy active games and movement. They also enjoy noisy rhythm instruments. They are very active, but may tire easily.

Children this age can begin to think things through, but are still very concrete thinkers. They can understand concepts of morning, afternoon, and night, as well as yesterday, today, and tomorrow. They are better able to distinguish make-believe from real life.

Five year olds begin to express more feelings and embarrass easily. They may be serious and dependable but like independence. They submit to more rules and regulations, are learning to take turns during speaking and playing, get along comfortably with other children and may cooperate in simple group tasks. They like to please adults and may show guilt over misbehavior. Tattling, name-calling, and hitting are still very common at this age.

Spend time with your child each day. If there are siblings, make sure each child has special time alone with each parent. Read interactively with your child. Encourage your child to talk to you about school and friends and express feelings.

Encourage family activities such as walks, biking (with helmets), or any regular physical activity. Limit screen time to no more than an hour a day. Always choose high quality programming and monitor what your child is viewing. Remember that the TV is not a babysitter. There should be no computer or TV in your child's bedroom. Continue to reinforce good sleeping habits and maintain a regular bed time routine. Assign age appropriate household responsibilities (jobs) which may increase as your child gets older.

Your child's sexual curiosity and exploration are normal. Teach your child correct terms for all body parts, including genitals. Begin to teach about sexuality through picture books suitable for family reading (check your Library.) Explain that certain parts of the body (normally covered by a bathing suit) are private and should not be touched without a parent's permission.

Teach your child about personal care and hygiene, which includes washing his/her hands after toileting, after using a tissue to wipe his/her nose, and before eating. Remember to set the example by washing your own hands.

SCHOOL READINESS

Below is a list of skills which demonstrate school readiness. It is okay if your child has not achieved all of these skills yet.

- Knows colors
- Identifies some uppercase letters
- Identifies numbers 1-10
- Writes first name legibly
- Copies two-part figures
- Can count items one by one
- Plays cooperatively
- Can speak clearly - all speech is understandable, although "th" may not be clear
- Can follow two-part directions
- Can attend to task for 15-20 minutes

DISCIPLINE

Discipline is very important. Expect your child to follow family rules, such as bedtime, television/video viewing, computer time, and chores. Teach your child to respect authority. Set limits and BE CONSISTENT. Use time out (1 minute per year of age) and establish consequences for unacceptable behavior. It is very important to follow through with the established consequence when rules are broken. Your discipline will be more effective if your child knows you mean what you say. Praise your child for cooperation and accomplishments.

NUTRITION

Continue 2%, 1%, or skim milk (16-24 ounces/day with meals) and eat low fat dairy products. Share family meals together regularly and encourage conversation. Model and encourage healthy eating habits.

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Continue healthy eating habits:

- 3 meals with 1-2 scheduled healthy snacks per day. Limit or avoid high fat or low nutrient foods and beverages, such as candy, chips, and soft drinks.
- Try to avoid allowing your child to snack/"graze" between regularly scheduled healthy snacks and meals.
- Remember, children will not let themselves starve. You choose the menu, not your child. Offer them a variety of foods that you would like them to eat. If they eat, that is fine and if they don't eat, that is also fine. Do not let meals become part of a power struggle.
- Do not offer junk food. If it isn't offered, they can't eat it.
- Allow your child to only eat in a chair in a designated area. No eating in front of the TV, while playing, etc.
- Give water between meals and snacks if your child seems thirsty. Juice (maximum 4-6 oz. per day) may be part of a meal or snack.
- Remember that children eat what they see their family eating, so encourage healthy eating habits for the entire family.

DENTAL CARE

Schedule a routine dental appointment every 6 months or as recommended by the dentist. Brush your child's teeth twice a day and floss daily once teeth are close together or touching. Use a soft brush and a pea-sized amount of fluoridated toothpaste. Have your child spit out the excess toothpaste after brushing. If you have well water, your child may need fluoride supplements. If your child regularly sucks their fingers or thumb, begin to gently help him/her stop. Ask your dentist how to handle dental emergencies, especially accidental loss of a tooth or fracture of a tooth.

SLEEP

Be sure your child gets enough sleep. The average 5 year old child should sleep 10-13 hours/day including naps. Most children have given up their nap by this age. Maintain a regular daily routine including a regular bedtime routine. The suggested bedtime for children up to 5 years old is 7-8 p.m. and for children 6-10 years old it is 8-9 p.m., but bedtimes may vary depending upon family schedules.

SAFETY

- Your child should remain in a forward facing car seat with a harness as long as your child meets the height and weight requirements allowed by the manufacturer. If your child has outgrown the height and weight requirements for the forward facing car seat, a belt positioning high back booster or backless booster seat is to be used. Never place your child in the front seat of a vehicle with an airbag. The back seat of a vehicle is the safest place for children of all ages.
- Establish and enforce firm, clear, and consistent rules for safe behavior. Teach pedestrian, stranger, and neighborhood safety rules. Emphasize playground safety.
- Teach safety rules for getting to and from school. Be sure your child is supervised before and after school in a safe environment.
- Teach emergency phone numbers and home safety rules.
- Be sure your child wears a helmet when riding a bicycle, skating, etc. Teach safety rules and correct hand signals for traffic safety.
- Children need constant adult supervision, especially around water. Be sure that swimming pools have a four sided fence with a self-closing self-latching gate. Make sure your child learns how to swim and reinforce water safety rules.
- Limit time in the sun. Use sunscreen of SPF 15 or higher and use hats to shade ears, nose, and lips. Please visit the website healthychildren.org for more comprehensive sun safety recommendations.
- Test smoke alarms; change the batteries yearly.
- Keep all firearms unloaded and locked away. Store ammunition separately. Trigger locks are important. Keep cigarettes, lighters, matches, smokeless tobacco, liquid nicotine and alcohol out of sight and reach. Lock up electrical tools.
- Keep the environment smoke free.

Keep poisonous substances, medications, cleaning agents, health and beauty aids, paints and paint solvents locked in a safe place out of sight and out of reach. If there is an accidental ingestion, call **Poison Control at 828-9123 or 1-800-222-1222** immediately. Keep the number for Poison Control by your telephone.

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CONTACT OUR OFFICE

If non-urgent questions or concerns about your child develop before your next appointment, please feel free to call our office during regular business hours. Our medical advice nurses will be glad to answer your questions. They may recommend that you make an appointment to have your child seen by a doctor or nurse practitioner.

In the case of a true emergency, such as difficulty breathing/respiratory distress, loss of consciousness, seizure, profuse bleeding, or any potentially life threatening situation, **call 911 or go to the nearest emergency room.** Due to their pediatric ER staff, our providers prefer Chippenham, St Mary's, or VCU Medical Center when you have a choice in where to take your child.

Please call **Poison Control at 828-9123** locally or **800-222-1222** immediately in the event of any ingestion or suspected ingestion of chemicals, medications not prescribed for your child, accidental overdose, or any other substance of concern.

One of our doctors is always on call after hours for urgent or emergency care concerns. To reach our on call service, please dial the office phone number and follow the prompts. You will be directed to our nurse on call service and may have to leave a message. You will receive a call back as soon as possible from one of our nurses or providers on call. We ask that you limit after hours calls to urgent concerns only. Persistent problems such as ongoing illnesses (including colds), constipation, or behavior problems without sudden changes are best addressed during regular office hours when our providers are able to access your child's medical record. Please do not call after hours or on holidays to request antibiotics, including eye drops. In most cases your child will need to be seen to ensure proper diagnosis. If you feel that your child needs to be seen after hours, please take him or her to the nearest urgent care center or ER.

The next check-up is at **6 years** of age. We encourage you to make your appointment before you leave today. If you would prefer to call, our centralized scheduling department can be reached at 804-320-1353. Please note that our office requires 24-hour notice to cancel an appointment. Thank you.

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