



Well Child Handout: 5-6 Year Visit

Feeding:

At 5-6 years, your child should be able to eat on their own. Offer healthy foods that are appropriate for the whole family at meal time. This will help teach your child healthy habits as they grow up. Be a good role model by avoiding pop and junk food. Excessive snacking can lead to picky eating. Milk, yogurt, and cheese are good sources of calcium and some non-dairy sources of calcium include green, leafy vegetables, and some breads and cereals. Limit juice to no more than 4 ounces/day. Try to eat meals together with the whole family without distractions such as the TV or cell phones. Teach your child to have at least 5 servings of fruits and vegetables daily and encourage your child to eat breakfast daily.

Sleeping:

At 5-6 years, soothing bedtime routines help lessen nightmares. If your child has bedtime fears, talk about them and remind your child that you are nearby. Respond to nightmares right away and comfort your child. If your child snores heavily or if you have concerns about your child's sleep habits, please let us know.

Development:

All children develop at different rates. At 5-6 years, you may notice your child: skip, walk on tip toes, dress and undress alone, cut and paste paper, copy a triangle, draw a person, define at least one word, learn to tie their shoes, recite songs, tell a simple story, name 5 colors and count to 10, know his or her full name, play make believe, make friends and play well with them begin to know right from wrong and fair and unfair and understand that games have rules. You may want your child to play sports. They should be active for at least 60 minutes/day. Encourage daily exercise by taking your child to the park or playground. Children at this age ask many questions- keep your short and tell the truth. Continue to read your child daily, point out letters and play rhyming games together. Visit the library together and help your child choose books that they like. Give your child simple household chores. You should brush your child's teeth twice a day with a small smear of fluoridated toothpaste and have your child see a dentist twice/year.

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 or herself. Teach your child how to say sorry and show them the difference between right and wrong. Be a good role model for respectful behavior. Praise your child when they care for other people's feelings!

Toilet Training:

Most children stay dry during the day. Bedwetting is still common at this age. Allow your child to change the sheets if they have an accident but do not punish your child for wetting the bed. Try limiting fluids before bedtime to help with nighttime accidents. Use positive reinforcement when your child wakes up dry. Many children still need diapers or pull-ups when sleeping. If you have trouble toilet training your child, talk with your doctor. Teach your child to wash his or her hands after using the bathroom.

Starting School:

Your child may be getting ready to start preschool or kindergarten. Take your child to see the school and meet their teacher. Reading books with your child about starting school and talking with your child about school is also helpful. Make sure that your child is in a safe place after school with an adult. If you have any questions about whether your child is ready for school or if you have any questions or concerns about your child at school, talk with us.

Safety:

Check the height and weight limits on your child's car seat. Children who weigh more than 40 pounds should use a high back booster seat until they outgrow the manufacturer's recommendations. Continue to follow safety guidelines if your child is near water, close to stairs, or near high surfaces and teach safe behavior around open water and cars. Cook on the back burners of your stove to reduce risk of burns. Make sure that all chemicals, medications, cleaners, and other hazardous materials are out of your child's reach. Have your child wear a helmet, elbow guards, and knee pads when riding a bike, scooter, or skateboard. Teach your child not to go with strangers or take anything from them. Teach your child not to follow pets or balls into the road. Teach your child how to swim and not to cross the street without an adult. Teach your child what to do in case there is a fire or other emergency and how to dial 911. Put a hat on your child when outdoors and apply a sunscreen with at least SPF 30 when they are outdoors. Make sure that your child's toys do not have sharp edges or things that can break off. Keep the Poison Control Center helpline phone number on hand 1-800-222-1222.

Immunizations:

We support the American Academy of Pediatrics recommended immunization schedule. Your child may have received the annual influenza vaccine if it is currently flu season or have caught up on any immunizations they may have been behind on. The next set of immunizations will be at the 11- year well visit. We are happy to discuss your immunizations questions and provide you with resources on the importance of immunizations and immunization safety.

When to Contact Us: There is a physician available for an emergency at all times. If it is a less urgent matter, please wait until the office is open at 9AM on weekdays before calling. If you have a question about acetaminophen (Tylenol) or ibuprofen (Motrin) dosing, please refer to our dosing chart located in the menu bar on our website, www.serenitypeds.com.

- Temperature of 100.4 or higher
- Difficulty or troubled breathing (breathing FAST or HARD)
- Is listless or lethargic or feeding poorly
- Vomiting forcefully and repeatedly
- Bluish discoloration to the torso or lips
- Any other questions or concerns that you have- we are here for you!

Next Visit: _____ @ _____AM/PM for 6/7 year well visit.

We look forward to seeing you at your next visit! If you have ANY questions or concerns, please call our office at (248) 533- 0000 or email us at info@serenitypeds.com!