



# Town and Country Pediatrics

1460 N. Halsted Chicago, IL 60642 (312)279-8900  
6374 N. Lincoln #204 Chicago, IL 60659 (773)478-1067  
2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806  
www.townandcountrypeds.com

## Your Five-Six Year old Child

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Height \_\_\_\_\_ B/P \_\_\_\_\_ BMI \_\_\_\_\_

Percentile \_\_\_\_\_ Percentile \_\_\_\_\_

### Diet:

- Your job as parent is to choose the best foods for your child. Offer 3 regular meals and healthy snacks. Increase consumption of fruits, vegetables, and whole grains. Try to eat meals as a family.
- Limit fast foods, junk foods and sweets. Avoid sticky fruit snacks!
- Your child should drink 16-24 oz. of skim or low fat milk each day. Other dairy products, like yogurt and cheese are important for calcium needs.
- Breakfast is very important. Research shows that eating breakfast helps children learn and behave better in school.
- Multivitamins may be used if your child's diet is consistently inadequate.



- Nighttime fears are common problems.

### Development:

- Most 5-year-olds can hop, skip and balance on 1 foot, tie a knot, draw a person with at least 6 body parts, print some letters and numbers, tell a story with full sentences, use appropriate tenses, follow directions, and listen well.
- Your child will have good articulation and tell a simple story using full sentences with appropriate tense.

### Safety:



- Children under 8 years must be secured in a booster seat. Always read the manufacturer's instructions for use. Note the weight limits, and use an appropriate size for your child. They should ride in the back seat until 13 yrs.
- Children ages 8 through 15 years must be secured in either a booster seat or a lap/shoulder restraint. Be a role model for your child and buckle up too.
- Guns are dangerous! Keep guns and ammunition locked in separate places.
- Secure blind cords.
- Teach your child the dangers of cars in the street, but always closely supervise your child when near a street.
- Use PABA-free sunscreen with SPF >15.

### Elimination:

- At 5 years, it is normal that 30% of children wet the bed. After age 8, bedwetting should be evaluated.
- If infrequent hard and/or painful stools are the norm, let us know so we can help manage your child's constipation.

### Sleep:

- A regular bedtime routine is very important to children. Between 5-6 years of age, the average child sleeps 10-11 hours per day.

- This is the age to encourage organized swimming lessons. Knowing how to “swim” does not ensure safety in or near water at this age. No diving in water that an adult has not checked the depth of first.
- Use a properly fitted bicycle helmet and protective gear and teach bicycle and roller-blade safety. Shoes with skates attached (“Heelys”) are not safe without a helmet either. 
- Use appropriate protective equipment during all sports – helmet, mouth guard, and shatterproof eye gear.
- Keep matches and lighters away from children. Never allow your child to play with fireworks, firecrackers, or sparklers.
- Develop a fire escape plan for your home and teach your child. Draw pictures and a map and practice when the alarm goes off. Teach don’t run...but stop, drop, and roll if they come into contact with fire.
- Bubble baths are not recommended- especially for little girls- they can be associated with urinary tract infections.
- By age 5, your child should know his full name, address, phone number where he/she can always reach you, and how to call 911 in an emergency. 
- Discuss stranger safety, playground safety and sports safety. Role play about the dangers of strangers.

### **Other Things to Keep in Mind:**

- Dental Care - Schedule dental visits every 6 months, have your child brush at least twice a day using a soft toothbrush and fluoridated toothpaste. Flossing should be done everyday.
- Limit the amount of TV and monitor the types of shows your child watches. Limit computer and video games. Avoid the violent games. Set reasonable rules and guidelines for tv/computer use and post them in the house. The computer

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should be in a prominent location in the house to monitor your child’s internet activity.

- Starting school is a major milestone in your child’s life. Many parents focus on knowledge of the alphabet, numbers, or drawing skills, but teachers emphasize the child’s language skills and social readiness to separate from their parents. School also brings new challenges and rules for children. School activities require increased impulse control. They need to obey rules, get along with others, and avoid disruptive behavior. Parents should listen to their child’s feelings, reassure him and praise his efforts and accomplishments.
- Spend time with your child everyday - read books with your child, encourage hobbies, take an interest in your child’s day at school, and get to know your child’s friends.
- Do not over schedule your child. Too many activities can stress a child and family. Schoolwork may suffer too.
- Children are very curious about their bodies at this age. Answer questions about body parts in a simple honest way. Use correct terms for body parts. Teach that “the parts of your body that are usually under a bathing suit are ‘privates’ because we keep them covered and because you are the only one in charge of them”. Teach your child that it is never all right for an adult to tell a child to keep a secret from you, to express interest in private parts, or to ask a child for help with his/her private parts.
- Help your child learn about healthy lifestyles – exercise and good nutrition. You are their role model.
- Encourage your child’s independence and self-responsibility. Assign simple household chores to your child. He will feel like an essential part of the family.

### **At Today’s Checkup:**

- Your child will have a physical examination. Your questions and concerns will be



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Percentile \_\_\_\_\_ Percentile \_\_\_\_\_

answered. A routine urinalysis will be done.  
A hearing screening may be performed.

- DTaP, Polio, MMR, and Varicella vaccine will be needed for kindergarten entry. A PPD (test for tuberculosis exposure) may be given as well.
- The Hepatitis A series of 2 may be started.
- Your child will be given a developmental questionnaire to complete and mail back to us.

### Children's Acetaminophen Dose:

Every 4-6 hours and no more than 4 doses/day

36-47 lb. = 1 ½ tsp.

48-59 lb. = 2 tsp.

60-71 lb. = 2 ½ tsp.



### Children's Ibuprofen Dose:

Every 6-8 hours

36-47 lb. = 1 ½ tsp.

48-59 lb. = 2 tsp.

60-71 lb. = 2 ½ tsp.

It is not recommended to alternate acetaminophen and ibuprofen.

### Additional Instructions:

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