

Name _____ Date _____

Weight _____ (_____ %) Height _____ (_____ %) BMI _____ (_____ %)

Blood Pressure _____

Diet

- Continue to encourage a healthy variety of foods, with 3-4 servings of dairy and 3-5 servings of fruits/vegetables a day.
- Let your child help with food preparation.
- Avoid junk/fast food.
- Avoid eating in front of the TV. Eat meals as a family, and use mealtime to talk about your child's day.
- Be a good example in food choices and table manners.
- Breakfast is an important meal; it helps children learn and behave well at school.
- Teach children to plan healthy meals and have them help with grocery shopping.

Safety

- Wear helmets and safety gear for biking, skiing, snowboarding, skating, scooters, skateboarding, horseback riding, etc. Parents should wear helmets too!
- Use a booster seat until 4 feet 9 inches tall. Sitting in the back seat is recommended until 13 years of age.
- Have a fire escape plan. Teach them what to do when the smoke detector goes off.
- Talk about stranger safety and "privates." Use the proper terms.
- Teach your child your home address, phone number, and parent's place of work (in addition to his or her first and last name).
- Supervise closely around water; enroll in swimming lessons.
- Trampolines are not advised, because they are the cause of many childhood injuries.
- Keep guns and ammunition separate and under lock and key.

Health

- Brush teeth and floss twice daily and see a dentist every 6 months.
- Encourage extra-curricular activities.
- Limit all screen time to a total of 1-2 hours daily.
- 9-12 hours per night of sleep is recommended. You may need to adjust bedtime for earlier waking to get ready for school.
- Some children will still wet the bed at this age; this is normal.

Continued on other side

Parenting

- School readiness is a combination of age, social skills, physical development, intellectual ability, and emotional readiness.
- According to the US Department of Education, Kindergartners should be able to take turns, sit long enough to read a story with other children, work/play without constant supervision, say ABCs, count to 10, draw a square, cut with scissors, and not hit or bite when angry.
- At home, keep a happy and safe environment, and be interested in your child's activities.
- Laugh.
- Exercise.
- Read and go to the library.
- Invite other children to your home.
- Teach about sharing.
- Encourage your child to show you what he or she can do.

Discipline

- Do not tolerate hurtful behavior towards people or animals.
- Time out for about 5 minutes is usually adequate (1 minute per year of age).
- Reward and comment on good behavior; tell your child you are proud of them when they are helpful or kind.
- Teach your child positive ways to deal with their anger and frustrations (i.e., talk it out, walk away, exercise).
- Distraction is effective.
- Assign chores.

At this visit

Typical screenings: vision and hearing

Typical immunizations: Kinrix (DTAP, polio) and Proquad (MMR, varicella) if not given at age 4;

Influenza when in season

Return in 1 year for your next well child visit!