



5 – 7 YEAR VISIT

NUTRITION

- Eat breakfast every day.
- Use the food plate to provide a variety of foods.
- Avoid buying junk food, soda pop and fast foods.
- Give 3-4 servings (800 mg) of calcium per day.
- Do not give juice or limit to no more than 4 – 6 oz per day.
- Let your child help choose and prepare meals.
- Set a good example with your diet. Model good table manners.
- Try to have most meals together as a family, without the TV on.
- Avoid food battles or using food as a reward.
- Use mealtime to communicate about your child's day.

SAFETY

- Accidents are the number-one cause of deaths in children.
- Children should be in booster seats until they are 57" tall and should sit in the backseat of the car until 12 years of age.
- Supervise street crossings; don't depend on your child's ability to cross the street alone.
- Provide a proper fitting helmet and safety gear for ALL bicycle, skate, skateboard, rollerblading, scooter-riding and skiing members of the family.
- Don't let your child ride a bike near traffic; make sure the bike is sized correctly.
- Practice a fire escape plan; check smoke detectors and replace batteries at least yearly.
- Install a carbon monoxide detector in a hall near every sleeping area.
- Continuously watch your child around water; enroll your child in swimming lessons.
- Teach your child never to go anywhere with a stranger. Make sure your child knows home address, phone, and parent's place of work.
- Teach your child about how to be safe with other adults. No one should ask for a secret to be kept from parents. No one should ask to see private parts.
- Trampolines are not advised because they cause numerous injuries in children.
- If you have guns in the house, make sure they are locked and out of reach.

HEALTH & ACTIVITY

- Brush teeth regularly after meals and begin flossing. See a pediatric dentist every 6 months. Permanent teeth may begin coming in. Consider sealant to help deter decay.
- Aspirin should not be given to children (under 21 year of age) due to its association with Reye's Syndrome.
- Use sunscreen with SPF of 30 liberally. Apply 30 minutes before sun exposure and reapply every 1 1/2 – 2 hours. Protective clothing, hats and sunglasses should be used in addition when outside.
- It is ok to use an insect repellent with up to 30% DEET, but use sparingly and wash off once you come inside.

- Do NOT use combination sunscreen/bug spray, as sunscreen must be applied more often than is safe to use bug spray.
- Kids start developing life-long interests in sports, reading, music, hobbies, and physical activities. Encourage participation in these activities with the goal of having fun and developing oneself. Winning and losing should receive limited attention.
- Parents should place consistent limits on the time spent using media (TV, DVDs, computer/mobile applications) and make sure that it does not interfere with sleep, physical activity, homework, social and family relationships etc. Media-free times (during dinner, bedtime) and media-free locations (bedrooms, dinner table) should be established. Parents should set guidelines for age appropriate media content and discuss online respect, privacy and safety with their children. Violent programming should be avoided. See AAP Healthy Children Media Plan:
<https://www.healthychildren.org/English/media/Pages/default.aspx#planview>
- An average of at least 10 hours of sleep at night is recommended. Some children still wet the bed at night (this is normal). Continue to emphasize a regular bedtime routine and consistent bedtime between 8 and 9 p.m. Keep TV's, computers, and mobile devices out of the bedroom.

IT'S TIME FOR SCHOOL

There are many things which determine a child's readiness (ability to adjust and function in school) for kindergarten. Age alone is not a good marker. Finding out about the kindergarten program and the teacher expectations as well as social skills, physical development, intellectual abilities, and emotional adjustment are all important. The U.S. Department of Education guidelines recommend that a child entering kindergarten should be able to: take turns, sit long enough to read a story together, work or play without constant supervision, say ABCs, count to 10, draw a square, cut with scissors, not hit or bite when angry and keep up with other kids on the playground. You can prepare your child for school by reading books about school, talking about it, going to see the school and meet the teacher.

Once your child starts school, talk with your child every day about things he liked, any worries, and if anyone is being mean to him. Make sure your child is in a safe place after school with an adult. Attend back-to-school night, parent-teacher events, and as many other school events as possible. Talk with your child and child's teacher about any concerns or if you think your child might need extra help or tutoring. Your child's teacher can help with evaluations for special help, if your child is not doing well.

FAMILY ISSUES & BEHAVIOR

- Have family routines. Keep a happy environment. Have fun with your child. Laugh together. Be interested in your child's activities. Plan surprises.
- Catch your child being good; tell your child how proud you are when he/she does things to help. Hug and praise your child.
- Teach your child what is right and what is wrong.

- Give your child time to learn. Expect mistakes and much forgetting. Don't let your ideals make you require too much of your child.
- Help your child to do things for herself. Give your child small chores – e.g. clean up toys, take dishes off table. Provide your child opportunities to talk about him/herself and show what he/she can do.
- Kindly distract your child from undesirable behavior.
- Avoid direct clashes of will. Use your sense of humor and patience to help your child through varied behavioral extremes.
- Children learn better from discipline than they do from punishment, though punishment for dangerous or hurtful behaviors is necessary. Sending a child to a quiet, boring corner or their room for a Time Out for 5 minutes is one way to handle these situations.
- Help your child deal with anger. Teach your child to walk away when angry or go somewhere else to play.
- Do you have any concerns about your child's mental health? Talk to us about your concerns.

TIPS FOR PARENTS

- Provide opportunity for exercising large muscles.
- Have a quiet time each day. Talk with your child about new experiences.
- Continue to read to and with your child. Take your child to the library.
- Invite other children to your home. Help your child develop a few special friends.
- Help your child develop unselfish attitudes. Participate together in service activities.

IMMUNIZATIONS

Your child may receive important immunizations today to protect against serious illness. About 25% of children have temporary symptoms following the administration of vaccines. If you think your child is having a reaction to a vaccine given today it is OK to give acetaminophen, but call our office with any temperature greater than 102° F. Please refer to the "Well Care & Immunizations" page of our website for more information about normal immunization reactions.

Your child should have a routine well-care visit every year.

APA Website: www.advancedpediatricassociates.com | APA Patient Care Line: 303-699-6200