

5-6 Years

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____ BMI: _____

Vitamins: _____ Milk: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Ready for School:

- Take your child to see the school and meet the teacher.
- Read books with your child about starting school.
- Talk to your child about school.
- Make sure your child is in a safe place after school with an adult.
- Talk to your child every day about things he/she liked, any worries, and if anyone is being mean to him/her.

Your Child and Family:

- Give your child chores to do and expect them to be done.
- Have family routines.
- Hug and praise your child.
- Teach your child what is right and what is wrong.
- Help your child to do things for themselves.
- Children learn better from discipline than they do from punishment.
- Help your child deal with anger.
 - Teach your child to walk away when angry or go somewhere else to play.

Accident Prevention:

- Continue to use an approved car safety seat.
- Poison Control # 800-222-1222.
- Watch your child around water.
- Use sunscreen when outside.
- Teach your child to swim.
- If there is a gun in the home, make sure it is stored unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in the homes where your child plays. If so, make sure they are stored safely.
- Provide a good fitting helmet and safety gear for biking, skating, skiing, snowboarding, and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in a hallway near every sleeping area.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- 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.

Healthy Habits:

- Eat breakfast.
- Buy fat-free milk and low fat dairy foods, and encourage 3 servings each day.
- Limit candy, soft drinks, and high-fat foods.
- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Limit TV time to 2 hours a day.
- Do not have a TV in your child's bedroom.
- Make sure your child is active for 1 hour or more daily.

Healthy Teeth:

- Help your child brush teeth twice a day. After breakfast and before bed.
- Use a pea sized amount of toothpaste with fluoride.
- Help your child floss his/her teeth once a day.
- Your child should visit the dentist at least twice a year.
- Encourage your child to always wear a mouth guard to protect teeth while playing sports.

Pediatric Associates, Inc.

7910 W. Jefferson Blvd. Ste. 201
Fort Wayne, IN 46804 (260) 436-3789

●●Gregory W. Veerkamp, M.D.●●Mary Pat Veerkamp, M.D.
David A. Rusk, M.D.●●Andrew P. Landrigan, M.D.●●Jennifer L. Landrigan, M.D.
Aaron J. Sackett, M.D. ●●Kathryn I. Kleber, M.D. ●●Abigail R. Haselden, M.D.