



Pediatric and Adolescent Medicine

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HEALTH MAINTENANCE INFORMATION SHEET – AGE 5 YEARS

Date	Age	Wt	Ht	BP	Next Appt.
Acetaminophen Dosing: Children’s Suspension (160mg/5mL)			Ibuprofen Dosing: Children’s Suspension (100mg/5mL)		
Acetaminophen Dosing: Children’s Chewable (80mg chewable)			Ibuprofen Dosing: Children’s Chewable (100mg chewable)		

NUTRITION

- Lunch Box Strategy: More of tuna fish (not more than 1-2x/week), PBJ, chicken, raw veggies, soup, whole grain breads, fresh or dried fruit, low fat milk and juices. Less : deli-meats, hot dogs, candy, chips, chocolate milk, soda
- BEST FAST FOODS: Pizza, roast chicken, salad, and fruits.
- Watch hydrogenated oils and saturated fat content.
- Continue Vitamin D and Calcium supplementation with poor dairy intake.

GROWTH & DEVELOPMENT

- Gross motor: Skips with both feet, balances on one foot 5-10 seconds, hops on one foot.
- Fine Motor: Combs hair, washes face, early handwriting skills, copies triangle, ties shoes.
- Emotional: Fixing gender identity, greater awareness of genitals, and questions about "where do babies come from?"
- Social: Wants to be just like friends, more peer oriented than family oriented! Tests autonomy by challenging family rules.
- Intellectual; Understands hours, minutes, & days of week, likes to count and categorize "things." Endless "how" and "why" inquire
- Language: adult sentence structure. Can understand and retell a story.

IMMUNIZATIONS & PROCEDURES

- Catch-Up on vaccines; PPD (TB test); urinalysis.
- Vision & hearing tests if not performed in school.
- Blood tests as indicated: cholesterol, CBC.

ACCIDENT & SAFETY

- Always use car seats/seat belts. NO FRONT SEATS! Car seat or booster until 4 feet 9 inches and between 8-12 years old.
- Begin rules of bicycle/scooter safety and use helmets always.
- Re-enforce rules for water safety, street, and driveway play.
- Poison control 1-800-222-1222. DO NOT USE syrup of ipecac.
- Teach stranger danger, home address, home and cell phone numbers.
- Lock up mechanical tools, knives, guns, matches and poisons.

MISCELLANEOUS

- Graduation from preschool into kindergarten is a good time to assess school readiness and type of school program. Children need nurturing class environment with appropriate student-teacher ratio that allows individual attention and allows each child to proceed at own rate. There is probably NO advantage in learning to parrot ABC's, to count by rote, or to be computer literate by age 5!
- Learn to deal with the rush, rush of community to push and accelerate child's curriculum & activities. Remember to make time to play with your child and show affection.
- Dress child as a child, not a young adult!
- If possible, child should have his/her own bed.
- Continue to be consistent with discipline. Teach limits and natural consequences. Reward good behaviors with praise and privileges. Encourage household chores: dressing self, picking up after self, cleaning table, etc.
- Encourage child to brush teeth twice daily. Arrange for semi-annual dental visits.
- Expect questions and curiosity about sex. Answer questions that are asked with correct terms.

RESOURCES

- The Hurried Child - Elkind
- The Magic Years -Fraiburg