

5 Year Old Visit



NUTRITION

In effort to battle our nation's epidemic proportions of obesity in children, we want to encourage healthy eating for your child. We recommend the 5-3-2-1-0 eating plan for your child. Your child should consume 5 servings of vegetables and fruits daily (3 vegetable and 2 fruits), 3 servings of dairy daily, have less than or equal to 2 hours of sedentary activity daily (except for sedentary activity related to reading/studies), have at least one hour of exercise daily and consume "zero" sweetened beverages. High-fat and low-nutrient foods and beverages such as candy, chips, and soft drinks should be limited. Your child should be offered nutritious foods and allowed to decide what and how much he/she wants to eat. Make mealtimes pleasant and encourage conversation. Remember to be good role models and allow your child to see his/her parents eating nutritious food as well.

Calcium requirements are **1000mg daily** (3 cups milk or dairy). A multivitamin is likely needed to meet the Vitamin D requirement of 600 IU/day, as it is not added to dairy products except milk (about 100 IU/cup).

SAFETY

- Your child should know his/her full name, parents' full names, phone number and address. Review them. Teach your child about strangers, and let him/her begin to understand the concept of "good touch/bad touch" (Bad touches are anywhere a bathing suit covers). Educate them about which persons would be appropriate to ask for help from if they are lost. Teach them never to get into a stranger's car.
- Consider swimming lessons. However, even if your child knows how to swim, an adult should supervise all children whenever they are in and around water. Continue liberal use of sunscreen SPF 15 minimum.
- Ensure that guns are locked up and ammunition is stored separately. A trigger lock is an additional important precaution.
- Your child should sit in a forward facing car seat with a harness until the maximum weight or height for that seat has been reached. Once the forward-facing car seat does not fit your child, use a booster seat making sure the vehicles lap and shoulder belt fits properly. Most children will need a booster seat until they have reached 4'9" and are between 8 and 12 years old.
- All children should wear a bicycle helmet when riding cycles and scooters
- Limit TV watching to an average of 1 hour per day of appropriate programs. Watch the programs together and discuss them.
- Poison Control Hotline: 1-800-222-1222.**
- To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

IMMUNIZATIONS

Today your child will receive the following vaccine(s). You may give Children's acetaminophen for any discomfort related to the vaccine. **Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.**

MMR (Measles, Mumps and Rubella)

Varivax (Chicken Pox)

Influenza/FLU

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

BMI: _____ %

Vision: Passed Referred

Hearing: Passed Referred

TEETH

Brush teeth twice daily and floss. Schedule dental visits every 6 months.

DEVELOPMENT

At this age you may notice your child:

- Is learning to read and write
- Is starting to swim on own and drop training wheels
- Can cut with scissors and tie shoes
- Enjoys playing with peers

PROMOTING DEVELOPMENT

- Reinforce skills learned at school. Practice reading nightly.
- Encourage friendships and consider team sports
- Encourage physical activity and ensure healthy sleep habits.

FOCUS ON FAMILY

- Allow children to take household responsibility with chores and self-care.
- Develop a sense of family pride with traditions and connection to heritage and extended family. Encourage sibling support and camaraderie.

Next visit at 6 years old

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