

Lakeside Pediatric and Adolescent Medicine
980 Ironwood Drive, Suite 302
Coeur d'Alene, Idaho 83814
(208) 292-5437

Ht. _____ % _____

Wt. _____ % _____

H.C. _____ % _____

Well Child Care at 5 Years

Nutrition

Your child may enjoy helping to choose and prepare the family meals with supervision. Children watch what their parents eat, so set a good example. This will help teach good food habits. Mealtime should be a pleasant time for the family. Avoid junk foods and soda pop. Televisions should never be on during mealtime.

Development

Children at this age are imaginative, get along well with friends their own age, and have lots of energy. Be sure to praise children lavishly when they share things with each other.

Some children still wet the bed at night. If your child wets the bed regularly, ask your doctor about ways to help your child.

Five-year-olds usually are able to dress and undress themselves, understand rules in a game, and brush their own teeth. For behaviors that you would like to encourage in your child, try to catch your child being good. That is, tell your child how proud you are when he does things that help you or others.

Behavior Control

You need to punish your child for dangerous or hurtful behaviors. Also teach your child to apologize. Sending a child to a quiet, boring corner without anything to do for 5 minutes should follow. Do not send a child to his room. A bedroom should always be a desirable location for your child.

Reading and Electronic Media

It is important to set rules about television watching. Limit electronic media (TV, DVDs, or computer) time to 1 or 2 hours per day of high quality children's programming. Participate with your child and discuss the content with them. Do not allow children to watch shows with violence or sexual behaviors. Find other activities besides watching TV that you can do with your child. Reading, hobbies, and physical activities are good choices.

Dental Care

- Brushing teeth regularly after meals and before bedtime is important. Think up a game and make brushing fun.
- Make an appointment for your child to see the dentist.

Safety Tips

Accidents are the number-one cause of serious injury and death in children. Keep your child away from knives, power tools, or mowers.

Fires and Burns

- Practice a fire escape plan.
- Check smoke detectors and replace the batteries as needed.
- Keep a fire extinguisher in or near the kitchen.
- Teach your child to never play with matches or lighters.
- Teach your child emergency phone numbers and to leave the house if fire breaks out.
- Turn your water heater down to 120°F (50°C).

Falls

- Never allow your child to climb on chairs, ladders, or cabinets.
- Do not allow your child to play on stairways.
- Make sure windows are closed or have screens that cannot be pushed out.

Car Safety

- Everyone in a car should always wear seat belts or be in an appropriate booster seat or car seat.
- Don't buy motorized vehicles for your child.

Pedestrian and Bicycle Safety

- Always supervise street crossing. Your child may start to look in both directions but don't depend on her ability to cross a street alone.
- All family members should use a bicycle helmet, even when riding a tricycle.
- Do not allow your child to ride a bicycle near traffic.
- Purchase a bicycle that fits your child well. Don't buy a bicycle that is too big for your child. Bikes that are too big are associated with a great risk of accidents.

Water Safety

- ALWAYS watch your child around swimming pools.
- Consider enrolling your child in swimming lessons.

Poisoning

- Teach your child to take medicines only with supervision.
- Teach your child to never eat unknown pills or substances.
- Put the poison center number on all phones.

Strangers

- Discuss safety outside the home with your child.
- Teach your child her address and phone number and how to contact you at work.
- Teach your child never to go anywhere with a stranger.

Smoking

- Children who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.
- Teach your child that even though smoking is unhealthy, he should be civil and polite when he is around people who smoke.

Immunizations

If he has not already gotten them, your child may receive shots.

An annual influenza shot is recommended for children up until 18 years of age. After a shot your child may run a fever and become irritable for about 1 day. Your child may also have some soreness, redness, and swelling in the area where a shot was given.

For fever, give your child an appropriate dose of acetaminophen or ibuprofen. For swelling or soreness put a wet, warm washcloth on the area of the shot as often and as long as needed for comfort.

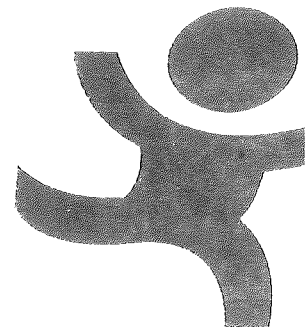
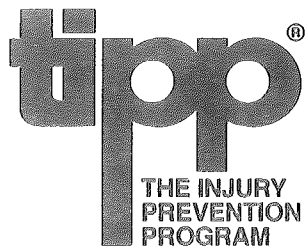
Call your child's healthcare provider immediately if:

- Your child has a fever over 105°F (40.5°C).
- Your child has a severe allergic reaction beginning within 2 hours of the shot (for example, hives, wheezing or noisy breathing, swelling of the mouth or throat).
- Your child has any other unusual reaction.

Next Visit

A check-up is recommended when your child is 6 years old.

5 Years



5 YEARS

Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most major injuries!**

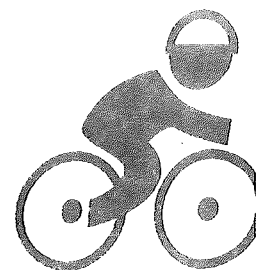
At age 5, your child is learning to do many things that can cause serious injury, such as riding a bicycle or crossing a street. Although children *learn fast*, they still cannot judge what is safe. You must protect your child. You can prevent common major injuries by taking a few simple steps.

Bike Safety

Your child should always wear a helmet when riding a bike. Buy the helmet when you buy the bike! **Make sure your child wears a helmet every time he or she rides.** A helmet helps prevent head injuries and can save your child's life.

Never let your child ride a bike in the street. **Your child is too young to ride in the street safely.**

Be sure that the bike your child rides is the right size. Your child must be able to place the balls of both feet on the ground when sitting on the seat with hands on the handlebars. Your child's first bicycle should have coaster brakes. Five-year-olds are often unable to use hand brakes correctly.



Street Safety

Your child is in danger of being hit by a car if he or she darts out into the street while playing. Take your child to the playground or park to play. Show your child the curb and **teach him or her to always stop at the curb and never cross the street without a grown-up.**

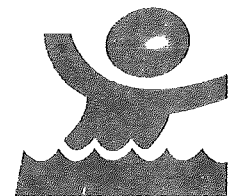


Water Safety

Now is the time to teach your child to swim. Even if your child knows how to swim, **never let him or her swim alone.**

Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. **NEVER** let your child swim in canals or any fast-moving water.

Teach your child to never dive into water unless an adult has checked the depth of the water. **And when on any boat, be sure your child is wearing a life jacket.**



(over)

American Academy of Pediatrics

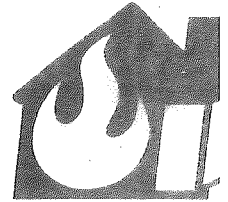
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Fire Safety

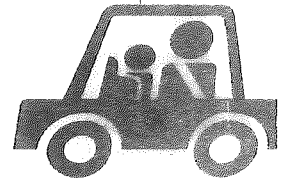
Household fires are a threat to your child's life, as well as your own. Install smoke alarms on every level in your house, especially in furnace and sleeping areas, and test the alarm every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries once a year.

Teach your child not to play with matches or lighters, and keep matches and lighters out of your child's reach. Also, do not smoke in your home. Many home fires are caused by a lit cigarette that has not been put out completely.



Car Safety

Car crashes are one of the greatest dangers to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death. To prevent these injuries, correctly USE a car safety seat or belt-positioning booster seat and seat belt EVERY TIME your child is in the car. Your child should use a car safety seat with a harness until he reaches the seat's upper weight limit or his ears come to the top of the seat, and then he should use a belt-positioning booster seat. Your child is not big enough to fit in the adult seat belt yet. The safest place for all children to ride is the back seat. Set a good example. Make sure you and other adults buckle up, too!



Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. Handguns are especially dangerous. It is best to keep all guns out of the home. If you choose to keep a gun, it should be kept unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.



Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR. Be prepared...for your child's sake!

SAFETY IN A KID'S WORLD

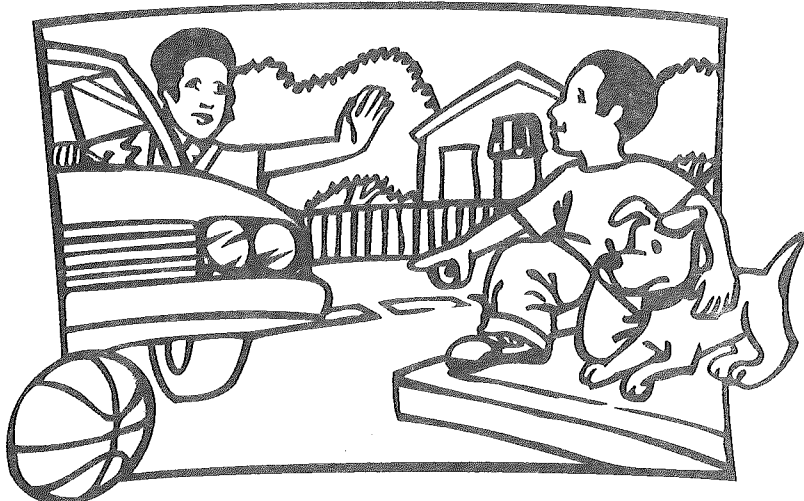
Dear Parent: Your child is old enough to start learning how to prevent injuries. The games below are designed to help your child think about safety. Read the messages with your child and talk about them together. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other what it says. Make safety a big part of your lives.

Bike Safety



Always wear a  when you ride your 

Get the Helmet Habit!



Street Safety

Never run into the street. The street is not safe for kids.

When you come to the curb... 
Directions: Show John the curb. 
Color the curb. Then color the picture.

From Your Doctor
Lakeside Pediatric
980 W. Ironwood Dr., Ste. 302
Coeur d'Alene, ID 83814
(208) 292-KIDS (292-5437)
(208) 292-5441 Fax