

Things to Keep in Mind:

- Talk with your child about how to be safe (near strangers, on the playground, crossing streets, in the school bus or car, around pools or lakes).
- Keep matches, poisons and guns locked up and out of reach.
- Limit TV to 2 hours per day and help your child choose the programs they watch. Look for ideas of things to do instead of TV – drawing, reading and playing games. No TV in the bedroom.
- Provide healthy food choices for meals and snacks.
- Teach your child family rules, respect for authority and right from wrong.
- Teach how to resolve conflict and handle anger without violence.
- Play with your child and show them affection.

Things to Keep in Mind, continued:

- Expect your child to start being curious about sex and answer questions simply at the time they are asked. Using the correct names for body parts is important.
- Prepare your child for school. Tour the school together and meet the teachers.
- To keep your child safe, make sure they always use a seat belt in the car and wear a helmet when riding a bicycle or roller skating.
- Ensure your child gets enough sleep. Suggested bedtime for a 5 year old is 7-8 p.m.
- In case of fire in the home, your family should have an escape plan.

AT 5
YEARS



TO CONTACT YOUR
MEDICAL HOME:

5 YEAR VISIT

Weight _____ Height _____

Today's Visit

- You and your provider will have an opportunity to talk about your child's growth and development; your provider will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision, hearing and blood pressure will be checked.
- You and your provider will complete the Kindergarten Health Assessment.
- Your child may receive one or more immunizations.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- What you think about going to school.
- What you like to do for fun.

Things you may want to discuss, continued:

- Preparing your child for school and meeting the teachers.
- Before school and after school care.
- Changes in your family since your last visit.
- Some things your child can do now that they couldn't do at the last visit.

Next Visit

What to expect:

- Your child will have a physical examination.
- You will fill in a questionnaire about your child's development.
- Your child's vision, hearing and blood pressure will be checked.

How to prepare for your next visit:

- Share what you have learned at today's visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Note changes in your child's eating and sleeping and social behaviors.
- Talk to your child's other caregivers and family members about issues they might want you to raise with the doctor.
- Prepare your child to discuss issues, concerns and achievements with the provider; help your child learn about the health care visit.
- Don't forget to bring your child's immunization record for us to update and your Medicaid/insurance card.
- Fill out and bring in any school health forms for the provider to complete.