

Pediatric Associates
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5-6 YR WELL CHILD VISIT

DATE _____ WT _____ HT _____

DIET/ACTIVITY

- encourage good eating habits and healthy weight
- offer nutritious snacks
- don't skip meals and take in enough Calcium
- 60 minutes of exercise/day

SCHOOL READINESS

- establish good routines for before and after school
- limit numbers of after school activities to avoid stress
- discuss choosing good friends and dealing with bullies
- discuss communicating with teachers and expectations for education

ORAL HEALTH

- regular dental visits
- proper flossing and brushing

MENTAL HEALTH

- anger management
- incorporate enough family time into weekly schedules

GUIDANCE

- provide support, attention and enthusiasm for child's abilities and achievements
- set up award system for simple chores/good behavior
- time out can still be effective, but logical consequences/restriction of privileges also starts being effective at this age
- limit TV, video games, computer games to 2 hours/ day total
- NO TV IN THE KID'S ROOM

SAFETY

- bike helmets mandatory; NO NEGOCIATION no helmet = no bike riding
- swimming lessons
- teach animal, water, stranger, gun, sun, ATV, fire safety
- booster seats until 60# and child sit in back seat against back of seat with their feet on the floor
- teach child home phone number, street address and how and why to use 911