

NAME _____
DATE _____
WEIGHT _____ (_____ %)
HEIGHT _____ (_____ %)
BMI _____ (_____ %)
BP _____



FOR YOUR 5 TO 8 YEAR OLD

DIET

Your job as parent is to choose the best foods for your child. Offer 3 regular meals & healthy snacks. Don't underestimate the importance of modeling healthy eating in your own diet.

Eat meals as a family.

Limit fast foods, junk foods, sodas, juices and sweets.

Your child should drink 16-24 oz. of skim or low fat milk each day. Other dairy products, like yogurt & cheese, are important for calcium needs. Your child does need 400 IU/day of vitamin D in their diet or as a supplement.

Multivitamins may be used if your child's diet is consistently inadequate.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist.

DEVELOPMENT (3-5 YEARS)

Most 5-year-olds can hop, skip & balance on 1 foot, tie a knot, draw a person with at least 6 body parts, print some letters & numbers, tell a story with full sentences, use appropriate tenses, follow directions, and listen well.

From 6-8 years old, children steadily improve their motor skills and coordination. Social development really begins to emerge. Peer relationships and acceptance become increasingly more important. There is more curiosity about their bodies and how everything works.

SLEEP

A regular bedtime routine is very important to children. Between 5 & 8 years of age, the average child sleeps 10-11 hours per day. Typical bedtime at this age is 7-8 pm.

Nighttime fears are common in this age group. If your child's fears are disrupting sleep for the family, please discuss it with your Provider for some helpful suggestions.

BEDWETTING

At 5 years, it is normal that 30% of children wet the bed.

Between 6-8 years, bed-wetting can still be normal. Aggressive therapy is not indicated yet. If interested, ask your Provider for some suggestions to increase nighttime dryness.

After age 8, bed-wetting should be brought to our attention and may need to be evaluated.

FOR YOUR 5 TO 8 YEAR OLD

SAFETY

Children under 8 years or less than 4 feet 9 inches/80 lbs must be secured in a booster seat. When your child outgrows the booster seat, they must wear a properly fitting seat belt and ride in the back seat. Be a role model for your child and buckle up, too.

Guns are dangerous! Keep guns and ammunition locked in separate places. Ask the parents of your child's playmates about gun storage and safety in their house.

Teach your child the dangers of cars in the street, and always closely supervise your child when near a street.

Use PABA-free sunscreen with SPF>15 during warm months and outside play. Reapply frequently.

Encourage organized swimming lessons. However, knowing how to "swim" does not ensure the child's safety in or near water at this age.

Use an age/weight appropriate "Type 1 or 2" life jacket at beaches and on boats.

Use a properly fitted bicycle helmet & protective gear and teach bicycle & roller-blade safety.

By age 5, your child should know his full name, address, phone number, & how to call 911 in an emergency.

Discuss stranger safety, playground safety, and sports safety. Discuss privacy.

As your child matures, discuss avoidance of tobacco, alcohol, drugs, and guns in a more detailed manner.

Use appropriate protective equipment during sports-helmet, mouth guard, & shatterproof eye gear.

Keep matches & lighters away from children. Never allow your child to play with pocketknives, fireworks, firecrackers, or sparklers.

Develop a fire escape plan for your home and teach your child. Check smoke detector batteries every 6 months.

You are your child's biggest role model! Make healthy choices with your nutrition and behaviors.

OTHER THINGS TO KEEP IN MIND

Dental care - schedule dental visits every 6 months. Have your child brush at least twice a day using a soft toothbrush and fluoridated toothpaste. Flossing should be done every day.

Limit the amount of TV/screen time (no more than 2 hours a day), and monitor the types of shows your child watches. Limit computer and video games. Avoid violent games. Choose "E" for "everyone" GAMES.

Spend time with your child everyday - read books with your child, encourage hobbies, take an interest in your child's day at school, and get to know your child's friends and teachers.

Do not over schedule your child. Too many activities can stress a child and family. Grades may suffer, too.

Children are very curious about their bodies at this age. Answer questions about body parts in a simple, honest way. Use correct terms for body parts.

Help your child learn about healthy lifestyles-encourage exercise and teach good nutrition.

Encourage your child's independence and self-responsibility. Assign simple household chores to your child.

In this age group, children are watching your behaviors closely. Modeling good choices with food, alcohol, tobacco, television, music and language will make a bigger impact than you think.

AT TODAY'S CHECK-UP

Your child will have a physical exam and your questions and concerns will be answered.

The complete series of DTaP, Polio, MMR, and Chicken Pox will be needed for kindergarten entry. Please review our vaccine policy on our website or visit www.aap.org for more information.

Your child should receive an annual flu vaccination.

ADDITIONAL INSTRUCTIONS
