

Age: 5 years old

NUTRITION

Mealtime should be a fun experience for the entire family. Your child may enjoy helping with the food preparation. Children watch what their parents eat, so set a good example. Be sure to give foods from all food groups and limit snacks to healthy ones. For food suggestions check out the following web site: www.mypyramid.gov. If your child chooses not to eat the prepared meal, do not give him/her another choice. This will help discourage "picky eaters". Children will eat when they are hungry.

DISCIPLINE

Punishment for dangerous and/or hurtful behaviors is necessary. Your child should learn to apologize. Use 5 minute "time-outs" as needed for unwanted behavior. Be consistent with discipline and don't make threats that you cannot carry out. For good behaviors, tell your child how proud you are of him.

DEVELOPMENT

Children this age play cooperatively with friends. They are curious and imaginative. 5 year olds are able to dress and undress themselves, understand rules of a game, and brush their own teeth. Limit TV time to 1-2 hours per day and closely monitor the content. Some children this age still wet the bed at night. Ask your doctor about ways to help your child with this problem.

DENTAL CARE

Schedule appointments for yearly dental visits. Brush teeth after every meal.

SAFETY

Accidents are the number one cause of death in children. To promote safety for your child:

1. Always use an approved car booster seat or seat belt. The American Academy of Pediatrics recommends all children 8 years and under use a booster seat. Car seat laws vary by state, so if you are traveling, check the requirements in that area.
2. Don't smoke around the children.
3. Never leave your child unattended around standing water of any kind. Enroll your child in swimming lessons.
4. Keep the poison control center number by the phone (1-800-222-1222).
5. Check your smoke detectors and fire extinguishers routinely.
6. Teach your child the first and last names of family members, her address, and phone number.
7. Teach your child to never go anywhere with a stranger.
8. Do not allow your child to be near knives, power tools, mowers, or guns.
9. Never ride a bicycle in the street or without a helmet.

IMMUNIZATIONS

Discuss with your doctor your child's need for catch up vaccinations.

TYLENOL (acetaminophen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
24-35 pounds	infant drops	2 droppers	4-6 hours
	children's liquid	1 tsp.	4-6 hours
36-47 pounds	children's liquid	1 ½ tsp.	4-6 hours
	chew tablets (160mg)	1 ½ tabs	4-6 hours
48-59 pounds	children's liquid	2 tsp.	4-6 hours
	chew tablets (160mg)	2 tabs	4-6 hours

ADVIL/MOTRIN (ibuprofen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
24-35 pounds	infant drops	2 droppers	6-8 hours
	children's liquid	1 tsp.	6-8 hours
36-47 pounds	children's liquid	1 ½ tsp.	6-8 hours
	chew tablets (100mg)	1 ½ tabs	6-8 hours
48-59 pounds	children's liquid	2 tsp.	6-8 hours
	chew tablets (100mg)	2 tabs	6-8 hours

WHEN TO CALL

You should call the doctor if your child develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

NEXT VISIT

Your child's next appointment should be at 6 years of age.

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