



5 Year Well Child Check

Expected Developmental Milestones

- Wants to please and be like friends
- Likes to sing, dance, act
- Can tell what's real and make-believe
- Speaks very clearly
- Can tell a simple story with full sentences
- Counts 10 or more things
- Draws a person with 6+ body parts
- Hops, skips, climbs, swings

Safety

- Your child should be riding in car safety seat or booster seat in the back until 4' 9" tall
- Teach your child to swim, but always supervise around water
- Use sunscreen whenever outside
- Never have a gun in the home. If you must, store it unloaded with ammunition locked up separately. Ask if there are guns in the homes where your child plays
- Supervise near streets and driveways
- Have child wear a good-fitting helmet for biking, skating, horseback riding, etc.

Ready for School

- Take child to see the school and meet the teacher
- Make sure your child is in a safe place after school with an adult
- Talk with your child every day about things he liked, any worries, and if anyone is being mean to him

Family Time

- Give your child chores and expect them to be done
- Teach child right vs. wrong
- Help your child do things for herself

Healthy Habits

- Be active together as a family at least 1 hour or more daily
- Encourage 3 servings of dairy per day
- Limit candy, soft drinks and high-sugar foods
- Offer 5 servings of fruits and vegetables daily
- No TV in child's bedroom
- Teach your child how to be safe with other adults
 - No one should ask for a secret to be kept from parents
 - No one should ask to see private parts
 - No adult should ask for help with his private parts
- Have family meals without TV
- Brushing teeth twice daily, flossing daily
- Dental visits twice a year

Immunizations at this visit

| <i>Regular (CDC) Vaccine Schedule</i> | <i>Alternate Vaccine Schedule</i> |
|---------------------------------------|-----------------------------------|
| - none | - DTaP #5 - Polio #4 |

- For more info:
<https://www.cdc.gov/vaccines/index.html>

Next Well Child Visit: 6 years old