

# PHOENIX PEDIATRICS LTD

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## Well Child Check (WCC) – Five (5) Year Visit

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

### Nutrition

Your child may enjoy helping to choose and prepare the family meals with supervision. Children watch what their parents eat, so set a good example. This will help teach him good food habits. Mealtime should be a pleasant time for the family. Avoid snack foods.

### Development and Discipline

Children at this age are imaginative, get along well with friends their own age and have lots of energy. Be sure to praise children lavishly when they share things with each other.

It is important to set rules about television watching. Limit total TV time to 1 to 2 hours per day. Children should not be allowed to watch shows with violence or sexual behaviors. Watch television with your child and discuss the shows. Find other activities you can do with your child. Reading, hobbies and physical activities are good alternatives to TV.

Some children still wet the bed at night, this is normal.

Five year olds usually are able to dress and undress themselves, understand rules in a game and brush their own teeth. For behaviors that you would like to encourage in your child, try to "catch your child being good," and tell your child how proud you are when he does things that help you or others.

Punishment for dangerous or hurtful behaviors is necessary. Sending a child to a quiet, boring corner without anything to do for five (5) minutes is a good way of handling these situations.

Some household chores may be given to your five year old, such as setting and clearing the table, making the bed, cleaning his room, etc.

### Car Safety

- Everyone in a car must always wear seat belts or be in an appropriate booster seat or car seat
- Don't buy motorized vehicles for your child

### Dental Care

- Brushing teeth regularly after meals is important. Think of a way to make it fun
- Make an appointment for your child to see the dentist

### Immunizations

Your child may receive one (1) or more shots today. After a shot, your child may run a fever and become irritable for about a day. Your child may also have some soreness, redness, and swelling where a shot was given. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. If redness increases or fever occurs, call us for an appointment. For fever and/or pain, offer \_\_\_\_\_ mg acetaminophen (Tylenol) every 4 to 6 hours as needed.

### Call Us Immediately If:

- Your child has a fever over 105° F (40.5° C).
- Your child has a severe allergic reaction beginning within two (2) hours of the shot (for example, hives, wheezing or noisy breathing, swelling of the mouth or throat)
- Your child has any other unusual reaction

### Next Visit

A checkup is recommended when your child is six (6) years old.