



Mimi Peterson, MD Scott Radomsky, MD Amy Montgomery, MD
 Sandy Herron, MD Amelia K. Decker, MD Jennifer Moher, MD Brent Watkins, MD
 7507 East Tanque Verde Road, Tucson, AZ 85715 Phone 520-722-2585 Fax 520-722-1097
WWW.TANQUEVERDEPEDIATRICS.COM

5 YEAR EXAMINATION

1. Injury Prevention: Injury accounts for over 50% of the deaths at this age.
 - a. Car Safety: Your child may transition from a car seat to a belt positioning booster. A booster seat is required until 8 years old and 4'9". A seat belt will not properly fit a child until they are this size. Children must sit in the back seat if there are air bags. Use seat belts and booster seats consistently. Teach your child about crossing streets safety. Teach him/her to stop at the curb and never cross the street without a grown-up.
 - b. Water Safety: Teach water safety or swimming and emphasize the importance of not swimming alone. An adult must be present when children are swimming.
 - c. Fire: One cannot expect a five year old to use judgment with fire. Therefore, matches and lighters must be out of reach. Use smoke detectors and practice a fire escape plan.
 - d. Stranger Safety: Role play stranger situations. Children at this age should begin learning their phone number and address.
 - e. Helmets: Enforce the wearing of helmets for biking, skate boarding, rollerblading and scooters.
 - f. Guns: If you have no guns in your home, do not buy any. If you do have guns, keep them locked in a secure cabinet, with the ammunition in a separate secured location. Teach your child never to touch a gun. Ask other parents about guns in their home before allowing your child to play there

2. Development: Five year old children can usually dress and eat independently. They can usually sort things by size and shape and know many facts about the world around them. Their finger coordination is generally much better than four year olds which makes them ready to try drawing, painting, etc. Most can separate from their parents comfortably.

3. Medication:

	Acetaminophen (Tylenol, Tempra) 160mg/5cc	Ibuprofen (Motrin, Advil) 100mg/5cc
Weight	Every 4 Hours	Every 6 Hours
12-17 lbs	1/2 tsp (80mg)	1/2 tsp (50 mg)
18-23 lbs	3/4 tsp (120 mg)	3/4 tsp (75 mg)
24-35 lbs	1 tsp (160 mg)	1 tsp (100 mg)
36-47 lbs	1 1/2 tsp (240 mg)	1 1/2 tsp (150 mg)

4. Discipline: Have your child participate in family chores such as setting the table and cleaning up toys. Give praise for a job well done. Continue to set consistent limits. Consequences such as time out or loss of privileges should be effective.

5. Guns: If you have no guns in your home, do not buy any. If you do have guns, keep them locked in a secure cabinet, with the ammunition in a separate secured location.

6. Sleep: Continue consistent bedtime rituals including reading.

7. Nutrition: Create a pleasant atmosphere at mealtimes. Include your child in family conversations. Offer small portions of food; include fruits and vegetables. Allow child to choose how much to eat.
8. Sex Education: At this age or earlier, children will be curious about where babies come from and about the differences between boys and girls. Answer these questions honestly, and at a level appropriate the child's understanding. Use correct terms for genitals. Understand that the child's sexual curiosity and explorations are normal.
9. School readiness; Indications for school readiness include playing well with others, taking turns, following simple directions, dressing self, and ability to separate from parents.
10. Dental care: Brush teeth at least twice per day with fluoride toothpaste, see dentist twice per year.
11. IMMUNIZATIONS: Your child may have received the DTaP, MMR, Polio and Hepatitis A immunizations today.

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.
www.theparentconnectionaz.org.
- Child and Family resources offers information about available child care.
www.childfamilyresources.org.
- The American Academy of Pediatrics has a web site:
www.healthychildren.org.