



5 and 6 Year Well Visit

H: _____ %: _____ W: _____ %: _____ BMI: _____ %: _____

Nutrition: Low-fat milk and water are best beverages. Aim for 5 servings of fruit/veggies daily. Avoid sugary foods.

Development: Balancing on 1 foot, starting to skip, learning to ride without training wheels, drawing a square and person with 5+ parts, counting beyond 10, naming at least 4 colors, and telling a story with full sentences.

School: Read books about school, visit the school and meet the teacher. Volunteer once (or more) if able. Make sure your child is in a safe place after school.

Mental Health: Chores, encouragement, hugs, and routines are important. Teach your child right vs wrong and help them learn to deal with anger.

Safety: Booster in the back seat until age 8 and 4'9". Bike helmets while on wheels and hills. If there are any household guns, keep them and ammunition locked separately. Poison control **1-800-222-1222**.

Dental Health: AAPD recommends fluoride toothpaste with twice daily brushing, and dentist visits every 6 months.

Immunizations: DTaP, Varicella, IPV, MMR if not already given.

Medication Dosage:

	36-48 lb	48-60 lb	60-72 lb
Acetaminophen (160mg/5mL)	7.5mL (1.5 tsp)	10 mL (2 tsp)	12.5 mL (2.5 tsp)
Children's Ibuprofen (100mg/5mL)	7.5 mL (1.5 tsp)	10 mL (2 tsp)	12.5 mL (2.5 tsp)

Next visit: in one year