

Date: \_\_\_\_\_ Age: \_\_\_\_\_  
Name: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ BMI: \_\_\_\_\_

## Your child at ages 5-6 years

### School readiness:

Talk to child about school experiences.  
Group activities- sports, dance, gymnastics, swim  
Build friendships with playdate

### Family involvement and health:

Continue family routines; assign household chores.  
Have family meals.  
Use consistent, positive discipline Use discipline for teaching, not punishing.  
Eat breakfast; eat 5+ servings of fruits/vegetables a day  
Limit candy/soda/high-fat snacks/juice  
Be physically active 60 minutes a day  
Limit TV to 2 hours a day; no TV in bedroom  
Read to your child nightly

### Oral health:

Visit dentist twice a year. Limit sugar and sticky foods.  
Give fluoride supplement if using well water.  
Brush teeth twice a day. Start flossing.

### Safety:

Teach safe street habits (crossing/riding school bus). Ensure child uses safety equipment (helmet, pads).  
Use properly positioned belt-positioning booster seat in back seat.  
Teach child to swim; supervise around water

**Vaccinations:** : Most children have no after effects with vaccines, some may have-  
More irritability or fussiness. Redness or swelling at the site of the shot, use ice and massage; Contact your  
doctor if your child's symptoms are severe or last longer than 48 hours.

**Return: The American Academy of Pediatrics advises *well child care visits once every year after the age of two years for an annual health supervision visit that includes a physical exam as well as a developmental, behavioral, and learning assessment.***

## Suggested websites:

[www.powerofmoms.com](http://www.powerofmoms.com)

[www.healthychildren.org](http://www.healthychildren.org) (AAP endorsed)

[www.kidshealth.com](http://www.kidshealth.com)



See how to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time
- walk-through video or check out the video tutorial  
[www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at [staceyw1022@gmail.com](mailto:staceyw1022@gmail.com) or 385.7776

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