

Pediatric Associates of North Texas
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Wt. _____ % Ht. _____ % BMI _____ % B/P ____ P ____

FIVE-YEAR VISIT

Continue safety vigilance – firearms, poisons, and matches locked up; riding toys away from stairs and street; batteries out of reach; smoke detectors checked; wears helmet when riding a bike; never cross a street without a grown-up; never swim alone.

Teach basic safety – stay away from stray dogs, do not tease pets, awareness of strangers, escape routes from home, stop-drop-roll, and crawl under smoke.

By this age, growth rate and appetite usually stabilize and variety of foods eaten expands; prevent obesity by avoiding using food as a reward, limiting juices and junk food, and not snacking throughout the day.

Give child 1 chewable multivitamin with minerals tablet daily.

Child can participate in brushing his/her own teeth, but parent should brush them once a day; make dental visits a habit.

Teach child how to clean him/herself; for boys, pull back foreskin and wash with soap and water; for girls, wipe from front to back and avoid bubble baths.

Handle “accidents” matter-of-factly; have child help with changing clothes/bed and let him/her know that you know it was an accident; do not punish or shame.

Four-year-olds often start playing more cooperatively and love fantasy play.

Discipline should include praise for good behavior, time out, and natural/logical consequences.

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

Dtap MMR Polio Hep A Hep B Chicken Pox Prevnar Menactra Flu

NEXT WELL CHILD VISIT:

At 6 years of age. Blood test to check for anemia and cholesterol baseline.