



## Watching you grow!

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

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

Height: \_\_\_\_\_ % \_\_\_\_\_

Weight: \_\_\_\_\_ % \_\_\_\_\_

Blood pressure: \_\_\_\_\_

## Well-child exam: 5-6 years

### Nutrition

- Feed your child at family meal times and give two nutritious snacks per day. Appetites will vary from day to day.
- Serve a variety of healthy foods, including plenty of fruits and vegetables, breads, cereals and other grain products, low-fat dairy products, lean meats, and foods prepared with little or no fat.
- Limit milk consumption to meal times.
- Your child may enjoy helping to choose and prepare the family meals with supervision.
- Avoid fast foods, processed foods, soda and sugar-sweetened beverages.
- Juice must be pasteurized and given with snacks or meals only. Total juice intake should be no more than 4-6 ounces a day.
- Share meals as a family on a regular basis. Make meal times pleasant and encourage conversation.
- Teach your child how to eat a nutritious lunch through the school lunch program or by packing a balanced lunch.
- Ensure that your child's teeth are brushed every day with a soft toothbrush and a pea-sized amount of fluoride toothpaste. Regularly supervise tooth brushing and floss daily.
- Your child should visit the dentist every 6 months. As your child's permanent molars erupt, the dentist should evaluate them for application of dental sealants.
- Learn from your child's dentist how to handle the loss or fracture of a tooth.

### Sleeping

- Most children should sleep 9-12 hours per night.
- Your child's suggested bedtime should be 7-8 p.m. Your child will no longer need naps.
- Televisions or computers should **not** be used before bedtime. Televisions should **not** be in the bedroom or used to fall asleep.

### Growth and development

Children develop at their own rate. Your 5- to 6-year-old may:

- Perfect hopping, running, skipping and climbing;
- Dress himself, needing some help with fasteners;
- Write name and be able to draw recognizable objects;
- Draw a person with 6-8 body parts;
- Count to 10;
- Cut with scissors;
- Become aware of more dangers and show new fears;
- Continue to test parental limits;
- Become more aware of sex role differences;
- Need encouragement to make new friends. Get to know your child's friends and the friends' parents;
- Be very imaginative and have funny, exaggerated stories;
- Enjoy playing board games and will start to understand rules and the concept of winning and losing;
- Like to help with simple tasks;
- Learn to apologize;
- Begin to learn specific sports skills like batting a ball;
- Be fascinated with the subject of teeth. It will be a central communication learning point in school as most children will start to lose their baby teeth;
- Have unpredictable mood swings;
- Ask endless "how-what-when-where-why" questions; and
- Begin to understand the difference between intentional and accidental.

*CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.*

*This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.*

**CENTRA CARE Clinic**  
Women & Children

## Positive parenting

- Praise good behavior.
- Spend time playing with your child every day. Let your child help plan activities and events.
- Encourage him to interact with other children.
- Show affection and pride in each child's strengths.
- Read together every day.
- Limit your child's total screen time (TV, computer and video games) to less than two hours a day and monitor what he watches.
- Expect your child to follow family rules, such as bedtime, television viewing and chores.
- Attempt to resolve sibling conflicts without taking sides.
- Your child's sexual curiosity and exploration is normal. It is appropriate to discuss sexuality with your child. Use correct terms for all body parts, including genitalia.
- Encourage your child to express his feelings. Listen and show respect for your child. Answer his questions.
- Assign age-appropriate chores.
- Be involved in your child's school. Ask him daily what he is learning and volunteer in the classroom.
- Serve as a positive ethical and behavioral role model.

## Safety

- Appropriate helmets and protective gear should be worn while bicycling, skating, horseback riding and rollerblading.
- Your child should learn to swim. However, learning to swim does not replace constant supervision around water.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every three hours or according to manufacturer instructions. Children should wear protective clothing, hats and sunscreen when going outdoors.
- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing to protect your child. (Avoid eyes.)
- Adults and children should be appropriately restrained in a vehicle. If your child is 8 years or younger and less than 4'9", he needs to be in a booster seat in the back seat. All children less than 4'9" and less than 80 pounds (regardless of age) should use a booster seat. State law requires children under age 12 to ride in the back seat.
- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every 6 months. Practice a fire escape plan.
- If there are guns in the home, make sure the guns have trigger locks and that the ammunition is stored separately from the gun.
- Always supervise street crossings. Your child may start to look in both directions, but don't depend on his ability to cross a street alone.

## Pediatrician-approved Web sites:

www.aap.org  
www.cdc.gov  
www.centracare.com  
www.chop.edu  
www.kidshealth.org  
www.mdh.org  
www.parenting.umn.edu



## Community resources:

### Child passenger safety seat inspections (free)

Call (320) 251-2700, ext. 54492 for an appointment or visit [www.buckleupkids.mn.org](http://www.buckleupkids.mn.org) for more information.

### Early Childhood Family Education

For classes about raising young children, contact your local school district.

### United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

### Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call (320) 654-1090.

### Stars Network

This children's mental health information and crisis hotline is available 24 hours a day, 7 days a week. Call (800) 635-8008 or (320) 253-5555 or visit [www.starsnetwork.org](http://www.starsnetwork.org).

### Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.



### Teach your child:

- To only take medicines with supervision;
- To **never** eat unknown pills or substances;
- **Not** to talk to, go with or get in cars with strangers;
- To **not** allow anyone to touch him in ways he does not like and that it is OK for him to tell you anything; and
- When and how to call 911.