



FAMILY MEDICAL CENTER

One Professional Plaza
Rexburg, ID 83440
208.356.9231
Fax: 208.356.9141

For Fever: (> 101°)

Acetaminophen

15 mg/kg or 3
chewable (80 mg)
tablets every 6
hours as needed
or

Ibuprofen (not Aspirin)

10 mg/kg every 6
hours as needed

For Congestion:

Saline nose drops,
suction with bulb
syringe

Important Numbers

Poison Control
1-800-222-1222

Call us if your child:

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

Name: _____

Date: _____

Weight: _____ Length: _____

Well Care At 5 Years

HEALTH ISSUES

- Offer healthy snack and meal choices, limiting sugars. Children often don't eat meals well because they graze with snacks all day - that is fine, just make sure those snacks are healthy snacks (yogurt, peanut butter, cheeses, crackers, cereals).
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor. Make an appointment with your dentist for a routine exam and start routine cleanings every 6 months if you haven't already.
- Continue to have your child brush his or her teeth daily with a pea-sized amount of toothpaste. You should assist them to ensure proper cleaning.
- Ensure adequate amounts of sleep and physical activity.
- Encourage importance of good personal hygiene.

SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Install and test your smoke detector in or near your child's room.
- Childproof your home (poisons, medicines, guns, cigarettes, hot liquids).
- Make sure any playground environment is safe.
- Use a bike helmet for your child (and yourself) when riding.
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Keep matches out of reach and instruct on fire safety.
- Do not keep a firearm in your home. If you must, make sure it is locked and out of reach.
- Start teaching your child not to take rides or food from strangers; also, teach that his or her "privates" should not be touched or looked at by anyone other than mom, dad, or a doctor.
- Provide a safe after-school environment.
- Teach your child how to swim and follow water safety rules.

YOUR CHILD SHOULD...

- Learn his or her phone number and address.
- Be able to draw a person with head, body, arms, legs; copy a triangle or square.
- Be able to recognize most letters and be able to print a few.
- Be able to dress self without much help.
- Be playing make-believe.

YOU SHOULD...

- Introduce and play board games and card games with your child.
- Limit TV to certain programs and to maximum of 1 hour per day. Practice selective TV viewing.
- Continue to read books interactively with your child.
- Encourage opportunities for safely exploring his or her environment .
- Reward good behavior as much as possible.
- Be consistent with rules. Be firm. You decide how strict or liberal to be, just make sure you are consistent.
- Keep discipline brief. "Time-out" is usually effective at this age.
- Offer choices to your child at every opportunity to allow decision making.
- Encourage assertiveness but not aggressive behavior.
- Have a bedtime routine and put your child to sleep in his or her own room. If they wake up at night, take them back to their own room and, if needed, lay down with them in their room until they are asleep again.
- Eat meals as a family.
- Expect a poor appetite and don't argue with your child about not eating well.
- Try to allow expression of feelings (anger, joy, sadness, fear). Offer ways to resolve conflicts and handle anger.
- Expect curiosity of genitalia and sexual matters. Use correct anatomy terminology. Answer sex-related questions in a simple manner.
- Expect your child to share, reward him or her when he does.
- Prepare for school, meet with teachers.
- Assign chores and offer rewards (point scoring system, allowance)