



## WELL CHILD EXAM – FIVE YEARS

Date \_\_\_\_\_

LENGTH \_\_\_\_\_ WEIGHT \_\_\_\_\_

### DEVELOPMENT

1. Dresses self fully.
2. Hops and skips.
3. Copies a cross, circle and square.

### ACCIDENT PREVENTION

1. *Always* use a lap/seat belt with a booster seat.
2. Continue to supervise your children closely.
3. Continue to lock up electrical tools, firearms (consider removing these from your home), matches, poisons.
4. Use caution when offering hot liquids.
5. Supervise biking or play near streets.
6. Observe children continuously when they are in or near the water. Consider swimming lessons (but remember – they do not make children water-safe at this age).
7. Teach your children what to do in case of a fire in the home.
8. Teach your child his name, address, and phone number in case he becomes lost.
9. Review the rules regarding strangers.
10. Advise child to be careful around dogs.
11. Have your child wear a bicycle helmet.

### NUTRITION

1. Limit junk food.
2. Nutritious snacks – fruit, peanut butter sandwich, yogurt, yogurt covered raisins, granola bars, juice, milk.

### VISION / HEARING

1. Will be done today unless they are to be performed at school. These should be repeated in future if your child has problems seeing or hearing.

### NEXT VISIT

At 8 years of age.