

WELL-CHILD EXAM – FIVE YEARS

DATE: _____

HEIGHT: _____ 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 and 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 that lessons 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 children their name, address, and phone number in case they get lost.
9. Review the rules regarding strangers.
10. Advise children to be careful around dogs.
11. Have your children wear a bicycle helmet.

NUTRITION:

1. Limit junk food.
2. Focus on nutritious snacks such as fruit, a peanut butter sandwich, yogurt, yogurt-covered raisins, a granola bar, juice and/or milk.

VISION/HEARING:

Tests will be performed today unless they are to be completed at school. They should be repeated in the future if your child has problems seeing or hearing.

NEXT VISIT:

Eight years of age.