

RENAISSANCE PEDIATRICS, P.C.

5-6 Year Well Child Check

Development

Enjoys being active

Balances on one foot, hops, skips

Prints some letters and numbers

Can tie a knot, grasp a pencil, draw a person with 6 body parts

Can copy squares and triangles

Has good articulation and tells a simple story with full sentences

Knows appropriate tenses and pronouns

Can count to 10 and name 4 colors

Follows simple directions and dresses with minimal assistance

Continues to learn shapes, space, time colors and numbers

RENAISSANCE PROVIDERS

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It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

- Your child acts independently but does not make good decisions and needs to be reminded about safety
- Help your child learn a specific skill such as by joining a sports team
- Your child may be fascinated with teeth but will need reminders to bathe and brush teeth
- It is normal for your child to ask endless "how, what, when, where, why" questions



Parents Points of Interest

Schools

Continue to interact with your child's teacher.

Allow your child to talk about friends and bullies.

Help your child manage fears and disappointments.

Remember to establish daily routines.

Vitamin D

All children should have an intake 400 IU of vitamin D a day. They can get this from 16-24 ounces of dairy a day or from vitamins with 400 IU of vitamin D.

Family Time

Assign your child household chores. This allows him to have a sense of responsibility and feel part of the family.

Teach your child the difference between right and wrong.

Show your child how to manage anger and talk about how they feel. Do not allow violence.

Talk to your child about inappropriate touching.

Nutrition and Physical Activity

- Encourage your child to eat breakfast which will help them learn and behave better at school.
 - Show your child how to make healthy food choices.
 - Eat 5 servings of fruits or vegetables per day.
 - Limit high fat and low nutrient foods and drinks.
- Drink 2-3 cups of low fat milk per day. Low fat yogurt and cheese are good alternatives to milk.
 - Limit juice to 4-6 oz per day of 100% fruit juice.
- Child should be physically active for at least 60 minutes per day.
 - Limit TV and video time to no more than 2 hours per day.
 - Child needs 10-11 hours of sleep per night.

Healthy Teeth

- Brush teeth twice a day with pea size amount of fluoride toothpaste and floss once a day.
 - Child should see a dentist every 6 months.

Safety

- Child should ride in a booster seat in the backseat until the age of 8. The shoulder belt should lie across the middle of the chest and shoulder and the lap belt should be low and snug across the upper thighs.
 - Teach your child safe habits such as how to cross the street.
 - Keep matches away from your child.
- Child should wear safety equipment when biking ,skating or playing sports.
 - Remember to apply sunscreen with a SPF 30.
- Teach your child to swim and proper water safety rules.