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5 Year Visit

For _____ Date _____ Age _____

Wt _____ pounds Height _____ ft _____ in

Immunizations Today: None
Labs: Urinalysis

Tylenol dose: _____ every 4-6 hours. Susp/Chew
Motrin dose: _____ every 6-8 hours. Susp/Chew

Development/Discipline

Five year olds usually are able to dress and undress themselves, understand rules in a game and brush their own teeth. For behaviors that you would like to encourage in your child, try to catch your child being good. That is, tell your child how proud you are when he/she behaves well.

Punishment for dangerous or hurtful behaviors is necessary. Sending a child to a quiet, boring corner without anything to do for 5 minutes is a good way of handling these situations.

TV: It is important to set rules about television watching. Limit total TV time to 1-2 hours per day. Children should not be allowed to watch shows with violence or sexual behaviors. Watch TV with your child and discuss the shows. Find other activities you can do with your child. Reading, hobbies and physical activities are good alternatives to TV. Teach by example. Be a good role model.

General

DENTAL CARE: Brush your child's teeth 1-2 times each day. Think up a game and make brushing fun. If your child has not yet seen a dentist, make an appointment.

Nutrition

Obesity is a national epidemic that is quickly getting worse. Life-threatening consequences of obesity include high blood pressure, diabetes and heart attacks. Healthy eating habits begin at a young age. Some tips to help your child stay healthy include:

1. A well balanced diet, including 2-3 servings of fruit and vegetables.
2. Have family mealtimes.
3. Limit soda and juice intake. Limit junk foods.
4. Encourage at least 30-60 minutes of exercise/play per day. Limit T.V. and video games to 1-2 hours per day.
5. If you as parents are overweight, start eating right and exercising. It is the exception that thin, healthy children come from obese parents.

Please notify us if there is a family history of elevated cholesterol or triglycerides or premature (under age 55 years) heart attacks or strokes.

Safety

We at Skyline Pediatrics want to help you make sure that your child is as safe as possible.

1. Always use an approved car seat. Do not use a booster until your child has outgrown the toddler car seat.
2. Teach your child important numbers, like your phone number and address. Teach your child never to go anywhere with a stranger.
3. Bike helmets are cool. Have your child wear one when riding at all times.
4. Continuously watch your child around water, even if he/she can swim.
5. When out in the sun, apply sunblock frequently.
6. Make your home and yard child proof. Be especially aware of locking up weapons. Be sure firearms are left unloaded. Also lock up medications, matches and chemicals.

Resources

Please visit our website for added helpful information: www.skylinepeds.com

Next Visit: 6 years

ENJOY YOUR CHILD!