



5-YEAR DEVELOPMENT QUESTIONS

1. Is your child's speech all understandable?
2. Does your child tell stories, sing songs, and do imaginative play?
3. Has your child learned to write or print her name?
4. Can your child dress and undress himself?
5. Does your child play cooperatively with other children?
6. Can your child catch a gently thrown ball, hop, and jump?
7. Has your child developed bowel and bladder control?
8. Can your child count well beyond 10?
9. Can your child draw a person with at least 5 body parts?
10. Does your child know his address and telephone number?

LEAD EXPOSURE QUESTIONS

1. Does your child live in or regularly visit a house built before 1978 with peeling or chipping paint?
2. Does your child live in or regularly visit a house built before 1978 with recent or ongoing remodeling?
3. Does your child have a brother, sister, housemate, or playmate who has had lead poisoning?
4. Does your child live with an adult whose job or hobby involves exposure to lead (such as plumbing, furniture refinishing, pottery, or auto repair)?

TUBERCULOSIS QUESTIONS

1. Has your child been exposed to a person with known or suspected tuberculosis?
2. Has your child lived in a high-risk area such as Asia, Africa, the Middle East, or Latin America?
3. Does your child have contact with a person who regularly visits a high-TB-risk country?
4. Does your child have contact with institutionalized persons, HIV-infected people, or drug users?

NUTRITION

Mealtime should be a pleasant time for the whole family. Continue to offer healthy, nutritious meals and avoid junk foods. Your child may enjoy, with supervision, helping to choose and prepare the family meals. The eating habits your child develops now will have a great impact on how he eats the rest of his life, so get him in good habits early. Include all of the basic food groups, including a minimum of 3 servings of calcium daily and 5 servings of fruits or vegetables daily. And remember: children watch what their parents eat, so set a good example.

DENTAL CARE

Brushing after meals, at least twice a day, will help your child build good dental habits. At this age, cleaning teeth with a soft-bristled toothbrush is all that's necessary. Your child should be having routine dental checkups every 6 months.

DEVELOPMENT

Children at this age usually play well with friends their own age, tell simple stories, play imaginative games, dress and undress without supervision, and start to learn the difference between right & wrong, fair and unfair. Their speech is basically all understandable, although children may often have minor problems with a few select sounds ("th", "s", "ch", etc.). Five year olds have lots of energy!

When you see your child behaving well, sharing, or exhibiting other good behaviors you want to encourage, lavish her with praise. Telling her how proud you are that she did such-and-such will encourage her to do it more often. At the same time, punishment for dangerous or hurtful behaviors is also necessary. Putting a child in "time-out" for 5 minutes is one good way to handle these kinds of situations. It's important to develop a balance between the child's need for independence and parental limit setting.

Many five-year olds enjoy starting nursery school or kindergarten. A few indications of school readiness include: playing well with other children, taking turns, following simple directions, conforming to simple rules of behavior, and dressing independently.

SAFETY TIPS

Accidents are the greatest threat to the life and health of children. More school-age children die of injuries than all other diseases combined. Yet most of these injuries can be prevented! As your child becomes more mobile and independent, he can get into more dangerous situations. While children learn fast, they still cannot always judge what is safe. Here are a few hints to help keep your child safe:

Prevent Fires and Burns

- Check your smoke detector (replace the batteries if necessary) and practice a fire escape plan.
- Put plastic covers in unused electrical outlets.
- Keep a fire extinguisher near or in the kitchen.
- Teach your child never to play with matches or lighters.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30.

Prevent Drowning

Your child should be continuously supervised by a responsible adult when around water. Teach your child to swim.

Prevent Poisonings

Keep medicines, vitamins, cleaning supplies, and gardening chemicals locked away. Install safety

latches on cabinets. Keep the **Poison Control Center** phone number, **412-681-6669**, on all phones.

Firearm Safety

Keep guns locked, unloaded, and ammunition stored separately.

Passive Smoke Exposure

We also caution against passive smoke exposure of any kind. Our recommendation for the health of your child is no smoking. The more smoke your child is exposed to, the higher her chance of developing more colds, lung infections, ear infections, allergies, asthma problems, and cancer. The best thing for your child's health is for you not to smoke at all. Even if you don't smoke near your child, chemicals from smoking stay with you on your clothes and on your body. If you must smoke, smoke outside the house, and remove your coat or jacket when you come back in. Never smoke inside or in the car. Even if your child is in another room or not in the car at the moment, she will still be exposed to lingering, harmful chemicals later.

Avoid Dangerous Cuts and Injuries

Don't allow your child to be near knives, power tools, or lawn mowers. Have guards on windows, or keep them locked; window screens will *not* prevent a child from falling out the window. And again, never underestimate your child's ability to climb!

Vehicle Safety

Pennsylvania state law states that children *must* be secured in a seat-belt system and an appropriately fitting child booster seat until at least their 8th birthday. Everyone in the car should always be restrained in some manner. For more advice and information, you can call the Pennsylvania car seat question line phone number at 1-800-CAR-BELT.

You can also see the Doctor's Note on our web site: <http://bit.ly/KPPCarSeat2>

We *do not* advise buying motorized vehicles for children. The American Academy of Pediatrics recommends against the use of all-terrain vehicles by children less than 16 years old.

Supervise street crossings. Your child may start to look in both directions before crossing, but don't depend on his ability to cross a street alone yet.

Trampolines

The recreational use of trampolines is not recommended by the American Academy of Pediatrics or Kids Plus. For more information, see the Doctor's Note on our website: <http://bit.ly/KPTrampoline>

Stranger Safety

Your child should know and spell her full name, address, and telephone number. Teach your child how to contact you during the daytime (how to call work or home). Teach your child the first and last names of family members, and never to go anywhere with a stranger. Teach your child never to go anywhere with a stranger, never to accept food from strangers, and never to accept touching she doesn't like. Teach your child to be careful around strange dogs, and not to bother any dog while the animal is eating.

Bike Safety

Don't let your child ride a tricycle or other riding toys near traffic. Always have your child wear a bicycle helmet -- even while riding a tricycle. Because it's too early to expect a child to look both ways before crossing the street, you should supervise all street crossings.

MEDIA SAFETY

Television

We recommend limiting television to less than 1 to 2 hours a day. Be aware of what TV shows your child is watching, and discuss what she watches with her. TVs in the bedroom can lead to many problems, especially as the child gets older, so children should not have TVs in their bedroom.

Movies

Be aware of what kinds of movies your child watches. PG-13 and R rated moves may teach your child lessons or language they shouldn't be learning at this age, and may cause problems with nightmares or falling asleep.

Music

Again, be aware of the music your child listens to. Discuss lyrics with your child, making sure they are appropriate for their age.

Video Games & Computers

Most video games have ratings that can help you decide if they are appropriate for your child. Limit the time spent with video games and computers, and encourage more physical activity and imaginative play. If your child has internet access, be familiar with the types of chat rooms and web sites your child visits.

Books

We recommend reading with your child or having your child read at least once a day. This is a great way to spend time together, helps your child develop language and reading skills, and will even help with their spelling as they get older.

WALK-IN HOURS

We offer no-appointment necessary Walk-In Hours, at all offices:

Weekday Mornings, 8:15 to 9:30am at Pleasant Hills and Squirrel Hill/Greenfield

Weekday Evenings, 6:30pm to 8:00pm

Monday, Tuesday, Wednesday at Pleasant Hills

Monday and Thursday at Squirrel Hill/Greenfield.

All Day, Every Week Day at Cranberry/Seven Fields

These hours are to address routine health problems such as sore throat, cold symptoms, fever, rash, and ear pain. They are not designed to evaluate chronic problems. If your child is older than 4 months and has had symptoms fewer than 3 days, you can be seen on a first-come, first-served basis.

You can read more about Walk-In Hours on our Kids Plus web site, www.kidsplusggh.com

QUESTIONS & CONCERNS

If you feel you need additional advice between regular check-ups, you can post questions to our Facebook page or telephone us during office hours. Facebook, where we answer questions sometimes as quickly as in a few minutes, is a great place to ask about general, non-pressing issues. (You can also check the Doctor's Notes library on our web site, which features well over one hundred different topics covered by our Kids Plus Providers.) For more detailed and pressing health questions, it's best to call. Either way, we're always happy to provide counseling and guidance. It's both our job and our pleasure!

When calling after office hours, your call will be answered by an answering machine. If you have a concern that can't wait for regular office hours, please leave your name, your child's name (with spelling), and your phone number, and we'll return your call usually within an hour or so. If you have an emergency that requires an ambulance or paramedics, call 911 *first*. If you have an emergency that can't wait for a call back and need to have the doctor urgently paged (such as seizures, respiratory illness with labored breathing, suspected dehydration, or similar conditions), the recorded message will give you the answering service's phone number, and they can reach the doctor on call for the emergency.

AND REMEMBER...

We have a wonderful, 24/7/365 resource for parents at our **Kids Plus Facebook Page**. Like us on Facebook, and follow along with our great Kids Plus Social Media Community!

You can access the **Kids Plus Patient Portal** 24/7/365 on your computer, tablet, or smart phone. No matter where you are, you can always see and print many of your child's medical records, including growth charts, immunization records, prescriptions, lab results, and visit notes. It's like having a Kids Plus virtual office right at your fingertips.



We look forward to seeing you at your 6-Year Well Visit!