

Pediatric Health Care

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Your Child at Five Years

Your next visit is at: Six Years

Immunizations: We have recently changed our vaccine schedule to include MMR, Varicella, IPV and DTaP at the 4 year well. Your child may need one of these vaccines if it was not administered at his/her 4 year well visit. We will also do a vision screen.

Following the DTaP vaccine, some children develop fevers, pain, swelling, tenderness and redness at the injection site that can last for 24-48 hrs. Swelling is more common following the 4th and 5th doses of DTaP. A painless lump can sometimes be felt 1-2 weeks following the injection and usually resolves in about 2 months.

Development:

Gross Motor: Walks down stairs with rail, alternating feet, balances on one foot for more than 8 seconds, hops on one foot 15 times, skips, walks backwards heel-toe, and jumps backwards.

Fine Motor: Copies triangle, use clothes pins to transfer small objects, puts paper clip on paper, cuts with scissors, writes first name

Language: Repeats six-to eight-word sentence, defines simple words, uses 2000 words, knows telephone number, responds to "Why" questions, retells story with clear beginning, middle, end. Enjoys rhyming words and alliterations, produces words that rhyme, and starts to understand adjectives

Social/Cognitive Development: Follows more rules and regulations, may tattle, name-call, cooperates in simple group tasks, engages in elaborate dramatic play, understands make-believe from real life, likes to please adults and apologizes for mistakes, gets along with other children and has a group of friends, starts to recognize letters and words, has developed a self image, names simple colors, understands left from right.

Nutrition:

Your child may enjoy helping to choose and prepare the family meals with supervision. Children watch what their parents eat, so set a good example by eating healthy foods and avoiding junk food. This will help teach good food habits. Mealtime should be a pleasant time for the family. Eating at least 5 servings of fruits and vegetables daily is recommended as well as 2-3 servings of dairy daily (unless allergic in which case special attention to getting enough calcium should be made).

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Should your child need antibiotics for an illness it is medically compatible to administer Tylenol or Motrin while taking antibiotics.

New Calcium and Vitamin D Recommendations

- Recommended daily calcium allowance: Depending on your child's age, please see if your child gets enough calcium from their diet and whether they need supplementation.

For all children over the age of 12 months, you will need to supplement only if they are not getting enough through their diet. From 12 months until 4 years you give 700 mg, from 4 years until 8 years you give 1000 mg and 9 years to 18 years 1300 mg, 19 years to 22 years- 1000 mg.

Dietary sources of calcium examples:

Yogurt, lowfat 8 ounces- 300-400 mg
Mozzarella, part skim, 1.5 ounces- 300 mg
Milk, lowfat, 8 ounces - 300 mg

- Vitamin D is now 600 IU daily for children over 12 months.

Tooth Care and Tooth Brushing

It is recommended to clean your child's teeth twice a day. Parents must supervise and do the brushing before or after your child until your child is 8 years old or has the manual dexterity to be able to tie their own shoelaces. We recommend that the toothpaste amount be limited to a smear or the size of a grain of rice until 3 years old or a small pea sized amount after 3 years old in case of accidental swallowing of the toothpaste. The use of any toothpaste at all between the age that teeth erupt and 2 years old is currently debated by different health agencies, but limiting it should keep the risk of having too much fluoride down. Your first dental visit should be by two years old if there is no significant family history of dental problems or by 1 if there is such a history. The American Dental Association recommends a first dental visit by 1 year old if you desire.

Sleep: Your child will require less sleep as they get older. School-aged children need about 10 hours of sleep per day. Your child's age, activity level, and health strongly influences the amount of sleep needed. Bedtime rituals and a slightly later bedtime can help reduce any resistance to bedtime. Common fears at night are darkness, strange noises, intruders, or imagined ideas. They may have nightmares and night terrors. Do not try to wake your child during a night terror

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and try to maintain regular sleep schedules to avoid fatigue. Call if these are concerns.

Safety:

Accidents are the number one cause of serious injury and death in children.

Car Safety: Everyone in a car must always wear seat belts or be in an appropriate booster seat or car seat.

Pedestrian and Bicycle Safety: Always supervise street crossing. Your child may start to look in both directions but don't depend on their ability to cross the street alone. All family members should use a bicycle helmet and do not allow your child to ride near traffic.

Safety Around Strangers: Safety outside the home is very important to discuss with your child. Teach your child their address and phone number and how to contact you at work. Teach your child never to go anywhere with a stranger. Let them know that a stranger may look like a nice person but that they need to be cautious if they do not know the person.

Burns: Make sure to turn your water heater down to 120 degrees. Practice your family's fire escape plan, check smoke detectors and replace the batteries when necessary, keep a fire extinguisher in or near the kitchen. Teach your child never to play with matches or lighters, teach your child emergency phone numbers and to leave the house if a fire breaks out.

Drowning: Always watch your child in the bathtub and around swimming pools. Enroll your child in swimming lessons.

Poisons: Teach your child to take medicines only with supervision. Teach your child never to eat unknown pills or substances. Put the poison control center number on all the phones.

Avoid Falls: Never allow your child to climb on chairs, ladders or cabinets. Do not allow your child to play on stair ways. Make sure windows are closed or have screens that cannot be pushed out.

Discipline: It is important to set rules about television watching. Limit TV, computer and video game time to 1 or 2 hours a day. Children should not be allowed to watch shows with violence or sexual behaviors. Find other activities besides watching TV that you can do with your child. Reading, hobbies, and physical activities are good choices.

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Punishment for dangerous or hurtful behaviors is necessary. A child should also learn to apologize. Sending a child to a quiet, boring corner without anything to do for 5 minutes should follow.

For behaviors that you would like to encourage in your child, try to catch your child being good. Tell your child how proud you are when he does things that help you or others. Positive reinforcement is often more effective than punishment, so making a list of 2-3 desired behaviors and giving your child a smiley sticker on the calendar several times a day are usually a good start. Now is a good time to start using an approach of “natural consequences” to encouraging good behavior. For instance, if a child leaves his bicycle out, that would mean that he loses access to it the next day since leaving a bicycle out will eventually lead to ruining it and making it unusable.

You may find several resources helpful including the American Academy of Pediatrics’ “Caring for Your School-Aged Child: Ages 5-12” and “Encounters with Children” by Dixon and Stein.