



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don’t exceed five doses in 24 hours.

Tylenol/Acetaminophen	mL = milliliter tsp = teaspoon	Tylenol Infants’ Oral Suspension	Tylenol Children’s Oral Suspension	Tylenol Children’s Chewable Tablets (160 mg)	Tylenol Children’s Dissolve Packs (160 mg)
	Weight				
	6-11 lbs.	1.25 mL	—	—	
	12-17 lbs.	2.5 mL	—	—	
	18-23 lbs.	3.75 mL	—	—	
	24-35 lbs.	5 mL	5 mL (1 tsp)	—	
	36-47 lbs.	—	7.5 mL (1.5 tsp)	—	
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Ibuprofen: Give every six to eight hours as needed. Don’t exceed four doses in 24 hours. Always give with food.

Motrin/Ibuprofen	Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children’s Oral Suspension Liquid 100 mg/5 mL	Motrin Children’s Chewables Tablets 100 mg each
	12-17 lbs.	1.25 mL	—	—
	18-23 lbs.	1.875 mL	—	—
	24-35 lbs.	—	5 mL (1 tsp)	1 tablet
	36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets

*If under 6 months of age, please consult your pediatrician.

Dothan Pediatric Healthcare Network complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.



5 YEAR CHECKUP

Date: _____

Weight: _____

Height: _____

Next Visit: **6 Years of Age**

Nutrition & Physical Activity

- Continue to teach table manners.
- Snacks are a great time to offer healthy foods like fruits, veggies, nut butters, or yogurt. Sugary/processed snacks do not give children the steady energy they need to grow, learn, and play.
- Avoid sodas, juices, and sugary drinks.
- Discuss healthy eating and encourage daily exercise.
- Limit TV, computer, and video games to less than 2 hours a day. Do not allow a TV in your child’s bedroom.

Discipline

- State limits, rules, and expectations clearly.
- The goal of discipline is teaching appropriate behavior, not punishment. Give clear and appropriate limits with consequences. Correct your child privately.
- Be sure to state the acceptable behavior and praise that behavior.
- Both you and other caregivers should be consistent.

Social & Emotional Development

- Your child will be interested in new experiences, less selfish, and more independent.

- Allow choices in appropriate situations.
- They will be curious about where babies come from and differences in boys and girls.
- Sexual curiosity and exploration is common at this age. Be honest in answering questions.

Cognitive Development

- Your child can name 4 or 5 colors, count to 10, recognize most letters of the alphabet, and can tell a simple story.
- He/she will begin to understand right from wrong, fair, and unfair.
- He/she will enjoy the company of other children.
- He/she will have formed gender identification (boy or girl).

Motor Development

- Your child can skip, walk on tiptoes, jump, dress and undress, cut and paste, and draw a person with 6 body parts.

Safety

- Your child should be in a booster or 5-point harness car seat.
- Go to National Highway Traffic Safety Administration for most up to date safety guidelines.
- Watch children playing near a street.
- Store knives out of reach. If it is necessary to keep a gun in the house, keep it unloaded and locked up.
- Watch your child when in water and teach your child to swim.
- Teach your child that their body

belongs to them, and no one should touch their “private parts” (areas covered by a swimsuit) except to keep them clean and healthy. Role play simple situations like, “What would you do if someone you don’t know asks you to come with them?” Practice answering: “I have to ask my mom/dad first.”

- Teach your child what to do in case of a fire.
- Teach your child his/her name,

Sleep

- Continue a regular schedule and allow him/her to sleep in his or her own bed.
- Let him/her make some choices to be in control (e.g., what pajamas to wear, what story to read, etc.).
- Establish a bedtime ritual that your child can anticipate and enjoy.

Testing (if not done at age 4)

- Your child may need a CBC (Complete Blood Count), cholesterol, urinalysis, TB skin test, and a hearing and vision screening.

Immunizations

- If not done at age 4, please see attached sheets for vaccines given today.
- Tylenol or Motrin may be used for discomfort (see dosing chart on back of sheet).

BRUSH UP ON HEALTHY TEETH

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Teeth should be brushed twice a day. A parent should brush after the child to ensure proper brushing.

Fluoride

At the age of 2, all children should be using fluoride toothpaste - about a pea-sized amount twice a day.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes milk, juice, soft drinks, and sweet tea. Only water should be given between meals. Milk and juice should only be given at mealtime. Do not allow your child to walk around with a bottle or sippy cup. Never put your child to bed with a bottle, cup, or food. Also try to avoid sticky candy like Starburst and fruit snacks.

Dental Visits

Your child should have regular dental checks with a dentist twice a year.

Floss

You should floss your child's teeth daily.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

5 Year Checkup Healthy Eating Daily Diet Suggestions

- Eat a nutritious breakfast every day.
- Have a quality brown bag or quality school lunch daily.
- Have milk or a dairy product at every meal.
- Eat fruits and vegetables in abundance daily.
- Plan healthy snacks for after-school time.
- Limit soft drinks and fruit drinks.

Daily Activity Suggestions

- Plan outdoor time and reading time daily.
- Limit "screens" to 1-2 hrs/day, including computers, games, TV, and movies.

ACTIVITIES: 5 YEARS OLD

- Make a nature collage. Collect leaves, pebbles, and small sticks from outside and glue them on a piece of cardboard or stiff paper. Cereal and cracker boxes can be cut up and used as cardboard.
- Practice writing first names of friends, toys, and relatives. Your child may need to trace the letters of these names at first. Be sure to write in large print letters.
- Encourage dramatic play. Help your child act out his/her favorite nursery rhyme, cartoon, or story. Use large, old clothes for costumes.
- Play simple ball games such as kickball. Use a large (8"-12") ball and slowly roll it toward your child. See if your child can kick the ball and run to first base.
- When reading stories to your child let him/her make up the ending or retell favorite stories with silly new endings that he/she makes up.
- Let your child help you with simple cooking tasks such as mashing potatoes, making cheese sandwiches, and fixing a bowl of cereal. Afterward, see if he/she can tell you the order that you followed to cook and mash the potatoes or to get the bread out of the cupboard and put the cheese on it. Supervise carefully when your child is near a hot stove.
- Play "20 Questions." Think of an animal. Let your child ask 20 yes/no questions about the animal until he/she guesses what animal it is. You may need to help your child to ask yes/no questions at first. Now let your child choose an animal and you ask the 20 questions. You can also use other categories such as food, toys, and people.
- You can play "license plate count-up" in the car. Look for a license plate that contains the number 1. Then try to find other plates with 2,3,4, and so forth, up to 10. When your child can play "count-up," play "count-down," starting with the number 9, then 8,7,6, and so forth, down to 1.
- Practice pretend play or pantomime. Here are some things to act out: 1. Eating hot pizza with stringy cheese; 2. Winning a race; 3. Finding a giant spider; 4. Walking in thick, sticky mud; 5. Making footprints in wet sand.
- Make a simple concentration game with two or three pairs of duplicate playing cards (two king of hearts), or make your own cards out of duplicate pictures or magazine ads. Start with two or three pairs of cards. Turn them face down and mix them up. Let your child turn two cards over to see if they match. If they don't, turn the cards face down again. You can gradually increase to playing with more pairs of cards.
- Make an obstacle course either inside or outside your home. You can use cardboard boxes for jumping over or climbing through, broomsticks for laying between chairs for "limbo," and pillows for walking around. Let your child help lay out the course.
- After washing hands, practice writing letters and numbers in pudding or thinned mashed potatoes spread on a cookie sheet or cutting board.
- Play "mystery sock." Put a common household item in a sock. Tie off the top of the sock. Have your child feel the sock and guess what is inside.
- Make color rhymes. Take turns rhyming a color and a word: blue, shoe; red, bed; yellow, fellow. You can also rhyme with names: dad, sad; Jack, sack.
- Make an "I can read" poster. Cut out names your child can read. You can write your child's name and names of relatives and friends on pieces of paper and put them on the poster.
- Play "what doesn't belong?" Let your child find the word that doesn't belong in a list of six or seven words. The one that doesn't belong can be the word that doesn't rhyme or the word that is from a different category.
- Play the memory game. Put five or six objects on a table. Have your child close his/her eyes. Remove one object and rearrange the rest. Ask your child which object is missing.
- Make puppets out of ice cream sticks, paper bags, socks, or egg cartons. Decorate the puppets with yarn, buttons, and colored paper. Make a puppet stage by turning a coffee table on its side.
- Play the old shell game. Get four cups or glasses that you cannot see through. Find a small ball, object, or edible item that fits under the cups. Have your child watch as you place the object under one of the cups and move all of the cups around. Have your child try to remember which cup the object is under.
- Play "mystery sound." Select household items that make distinct sounds such as a clock, cereal box, and potato chip bag. Put a blindfold on your child and have him/her try to guess which object made the sound.