

Five Year Visit

Parent Handout

ORAL HEALTH

Healthy teeth

- Help your child brush his teeth twice each day.
--after breakfast
--before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss her teeth once per day.
- Your child should visit the dentist at least twice per year.

SCHOOL READINESS

Ready for school

- Take your child to the school and meet the teacher.
- Read books with your child about starting school.
- Talk to your child about school.
- Make sure your child is in a safe place after school with an adult.
- Talk with your child every day about things he liked, any worries, and if anyone is being mean to him.
- Talk to us about your concerns

HEALTHY HABITS

Your child and family

- Give your child chores to do and expect them to be done.
- Have family routines.
- Hug and praise your child.
- Teach your child what is right and what is wrong.
- Help your child do things for herself.
- Children learn better from discipline than punishment.
- Help your child deal with anger.
--teach your child to walk away when angry or go and play somewhere else.

NUTRITION AND PHYSICAL ACTIVITY

Staying healthy

- Eat breakfast.
- Buy fat-free milk and low-fat dairy foods and encourage 3 servings a day.
- Limit candy, soft drinks and high-fat foods.
- Offer 5 servings of fruits and vegetables each day.
- Limit TV time to 2 hours per day.
- Do not have a TV in your child's bedroom.
- Make sure your child is active for at least one hour per day.



Safety

SAFETY

- Your child should always ride in the back seat and use a car safety or booster seat.
- Teach your child to swim.
- Watch your child around water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, skiing, snowboarding and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in the hallway near every sleeping area.
- Store guns unloaded and locked, and lock ammunition separately from the gun.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- Teach your child how to be safe with other adults.
--No one should ask for a secret to be kept from parents.
--No one should ask to see private parts.
--No adult should ask for help with their private parts.



*If you have further
questions
please call:*

801.773.4840 ext 3248
or text 385.308.5469