

5 – 10 YEAR CHECK-UP

SCHOOL TIME!

Your child is entering school. It is laden with germs and a lot of fun!

NUTRITION

He should be taking only 2% milk.

Your child does not need juice, you can, however give up to 4 oz. per day for constipation.

It is good to let your child help choose what foods to eat. Be sure to give him only healthy foods to choose from.

Children should eat portions from all food groups: meats, fruits and vegetables, dairy products, and cereals and grains. Try to give him what the rest of the family is eating.

Children can eat 3 meals and 2 to 3 snacks each day.

Do not combine TV viewing with mealtimes. Children will not realize when they are full, and this habit will lead to obesity and other health issues in the future.

Offer only healthy meals and snacks; limit high calorie/low nutrition fast foods.

DEVELOPMENT

Your child is learning to explore and learn new things.

Let him try out new things while under your supervision, like riding a bicycle.

Read with him till he can start reading on his own.

Talk to him and explain everything that is going on around him.

As your child grows older, he will have an increasing ability to function without adult supervision at school, on the playground and at home. Discuss with your child how he can begin to be responsible for his behavior.

Older kids should be responsible for their actions. The opinions of friends are very important, perhaps more important than their parent's opinions. Discuss with your child how to make good choices in the company of friends.

Parents and kids should discuss issues of sexuality when they feel their kids are ready to learn new things. Discuss sexual values with your child

SLEEP

Your child needs 10 to 12 hours of uninterrupted sleep at nighttime.



**LATA SHRIDHARAN
M.D FAAP**

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SCHOOL TIME!

Paste your child's picture here

Set a bedtime routine and try transitional objects to help him learn to self soothe and fall asleep on his own.

Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night.

Do not allow television

DENTAL CARE

Make sure your child brushes his teeth twice a day. See the dentist every 6 months.

SAFETY

Child-proof the home. Pad furniture with sharp corners. Keep sharp and small objects out of reach.

Check your smoke detector to make sure it is working.

Keep all electrical appliances out of the bathroom.

Use the back burners on the stove with the pan handles out of reach while cooking.

Make sure windows are closed or have screens that cannot be pushed out.

Be careful with bunk beds. Do not let children jump from them.

Do not let children play with matches. Practice firearms safety.

Always use a child-size car seat while travelling by car. The safest place for the child is the back middle seat.

Booster seats are required for kids upto 80 lbs or 8 years.

Teach your kids the "right, left, right" rule. Look right, then left, and then right again to make sure there are no cars before you cross the road.

Make sure your child always uses a bicycle helmet. You can set a good example by always wearing a helmet.

Purchase a bicycle that fits your child well. Bikes that are too big are associated with a great risk of accidents.

Make sure your child knows her address and phone number and her parents' place(s) of work.

Remind your child never to go anywhere with a stranger.

Be within arm's reach of your child around pools.

Have a gate around the pool to prevent any unsupervised accidents.

Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

IMMUNIZATION

Your child may receive vaccines at this visit.

We will see you and your child back every year for check up.

Thank you for letting us be a part of your child's life!



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"Children are love made visible" – A Saying