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TIPS FOR PARENTS

5 YEARS OLD

Congratulations!! Your child is now ready to attend school. There are a few things that may help ease the transition between home and school.

MEAL TIMES

Children are easily compelled into trading foods in school. Limit carbohydrates (potato chips, Twinkies, and cakes) in the child's lunch. School lunches can be high in saturated fats and calories. If your child receives school lunches, teach them about healthy choices. If your child finds it hard to do this, it may be better to pack a lunch that has a variety of foods from the healthier food groups. Prepare items such as carrots, celery sticks and/or grapes instead of chips and cookies. Children should have 5 servings of fruits and veggies per day. When dinnertime comes, the family should interact and not merely consume food in front of each other or in front of a television. Dinnertime is a good time to ask your new kindergarten student about his/her day at school. Remember that children should brush their teeth after each meal at home and if possible at school. We suggest continuing your child on 1cc per day of POLY VI SOL (400 IU of Vitamin D) or 1 Flintstone Vitamin per day.

SAFETY

When preparing your child for school, some basics about safety are necessary. Your child should know his/her name, address and phone number. The child should be taught not to interact in ANY way with strangers. When you are marking your child's articles for school, DON' T make your child's name visible on the knapsack, books, or clothes. If a stranger knows and uses the child s name, the child believes that the stranger is friendly and is someone he/she knows and can trust. Knapsacks should not weigh more than 20% of your child's weight. Familiarize your youngster with any neighbors or any local safe areas along the way to school. If you drive the child to

school, buckle him/her up in a booster seat, which is required by law until they are 4'9" and are at least 8 years of age. If your front passenger seat is equipped with an air bag, your child should always ride in the back seat. The street should be off-limits to your youngster. A bicycle helmet should **always** be worn while on a bicycle. If your child is one who wants to skate, roller blade, or use a scooter, it is necessary for them to wear protective gear (e.g. helmet, wrist, kneecap and elbow pads). Lock up firearms, matches tools, gasoline and poisons.

PARENTING

Allow your youngster to help set the table for dinner and encourage him/her to clean up afterwards. Your youngster may be getting an allowance if he/she performs some household tasks. Teach the child to SAVE 50% of the allowance to show the value of saving for the future. The other 50% may be spent as the child wishes. Your child may wonder where babies come from and the differences between themselves and those of the opposite sex. This is normal and parents are urged to discuss this honestly, but not to give in-depth or graphic answers to the child's questions. Try to use the proper names for male and female body parts.

Let the child know that when going to school, he/she will have to share, take turns, and may not always get their way. The child should know that there are rules that the teacher will enforce. It is a good idea to speak with the teacher prior to the school year and make sure that the teacher's objectives in teaching are the same as yours for your child's education and growth. Be involved in your child's education. Your child will always learn more from the home environment, not just from their experience at school. Tour your child' s school with them before school starts, if possible.

Expect some regression with bed-wetting or daytime wetting in the pants. Don't worry; this is usually due to stress and is almost always temporary. The child should not be scolded for this. Promote interaction between peers. You should definitely show an interest in what your child does in school. Show affection to the child. THIS cannot be stressed enough!!! Make sure your child always gets a good night sleep before school. Most 5-year-old children need 8-10 hours of sleep at night. Continue with the bedtime routine already established from when your child was a toddler. Continue to read to your child nightly.

Limit TV, computer and hand-held video game units to no more that a total of 1-2 hours per day. Children at this age may become sedentary and may not expend the calories that they take in. Make sure your child interacts with other children their age and that they get outside and play.

IMMUNIZATIONS/PROCEDURES

Your child will get the last DTAP (Diphtheria, Tetanus, Acellular Pertussis), IPV (Inactivated Polio Vaccine), MMR (Measles, Mumps, Rubella ["German Measles"]) and Varicella (Chickenpox) boosters today if not given last year. Your child may also be tested for Tuberculosis with the PPD test if he/she is at risk for TB. If we do test for this, we will draw a circle around the PPD test. You will need to come back in 3 days for the official reading of the PPD test. At that time, we will give the MMR vaccine to your child if needed. If your child is behind on any other immunizations, we will update the shots at this time. Please read the Immunization Information Handouts prior to our giving your child the shots. We will give the Influenza vaccine ("Flu") shot or the intranasal Flumist today if it is the Flu season. You may use Tylenol elixir (160 mg/tsp) and give 1 and ½ teaspoons every 4 hours or Motrin (ibuprofen 100 mg/tsp) 1 and ½ tsp every 6-8 hours as needed for fever and pain.

If paid by insurance, we will check your child's vision today and we will test the child's hearing. The child will need to give the nurse a urine specimen to test for any abnormality. We also check the child's blood pressure. We will check a complete blood count to check for any anemia or abnormality in the blood cells. We will also check a cholesterol level and lead test if one was not obtained previously, and your child is at risk. We will fill out the physical examination form needed for entrance to school for free today. Please make sure you ask for this because there is a fee for this form if we do not fill it out on the date of the visit.

We need to see your child every year for a routine check up. Should you have any concerns or questions about school readiness, please let the Doctors know.

Good Luck!!!

Tips for Parents-5 Years Old, rev.: 10/31/13