Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

5 Year Old Well Visit

Growth & Development Milestones

- ✓ Starts to lose baby teeth
- ✓ Knows colors, counts 1-10, understands left from right and opposites, identify coins
- ✓ Tires easily, may still require a nap
- ✓ Bathes, eats, dresses, toilets without help
- ✓ Plays games related to cooking, learning, bathing, and exploring
- ✓ Enjoys active games and movement
- ✓ Enjoys playing noisy rhythm instruments
- ✓ Is curious about reproduction and birth
- ✓ Understands and follows rules card/board games
- ✓ Brushes teeth/dresses self
- ✓ Able to learn address and phone number!

Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water
- ✓ Teach your child water safety and consider enrolling in swimming lessons.

For more information on normal growth and development:

http://www.bloomfieldpediatriccare.com/well-child-care/well-child-care-at-5-years/

Personal Health & Wellness

- ✓ Include your child in meal planning and preparation
- ✓ Offer wide variety of foods
- ✓ Encourage 2-3 servings of dairy daily for bone growth
- ✓ Avoid juices or limit to 4 ounces per day
- ✓ Limit junk foods and soda pop
- ✓ Encourage at least 1 hour of physical activity daily
- ✓ Limit screen time to less than 2 hours per day
- ✓ Keep playtime spontaneous and start introducing some structured activities like tag and hopscotch
- ✓ Brush twice a day with pea-sized amount of toothpaste and supervised

Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important
- ✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime
- Children require a tobacco free environment at all times
- ✓ Don't forget sunscreen!
- ✓ Booster until 49 inches!
- ✓ Wear helmets while riding bicycles, scooters, skateboards or roller blades
- ✓ Reinforce stranger safety!

Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

http://www.bloomfieldpediatriccare.com/pediatric-health-topics/

Office Hours:

Answering Service

 Monday – Friday
 9:00 am to 5:00 pm

 Saturday (Sept – May)
 9:00 am to 12:00pm

 Phone Number
 (248) 451-0600

(248) 858-6888

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; www.seatcheck.org
Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222 (248) 964-2888