



# 5 YEAR VISIT

Date: \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

## Bright Futures



■ = For the parent    ★ = For the child

### At Today's Visit

- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination and will be asked to give a urine sample.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child will receive one or more immunizations: DTaP; polio; MMR. Ask your health professional about them.
- You and your child will have an opportunity to ask questions.



### Things You May Want to Discuss During This Visit

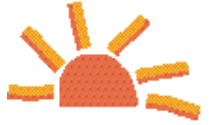
- ★ What you think about going to school.
- ★ What you like to do for fun.
- Preparing your child for school and meeting the teachers.
- Arrangements for before-school and after-school care.
- Changes in your family since your last visit.
- Some things your child can do now that he couldn't do at the last visit.
- Any other topics you may want to discuss.

\_\_\_\_\_  
\_\_\_\_\_

### Notes:



Name \_\_\_\_\_



### Things to Keep in Mind Between Now and the Next Visit

- Talk with your child about how to be safe (near strangers, on the playground, crossing streets, in the school bus or car, riding a bike).
- Continue to use a belt-positioning booster seat. The back seat is the safest place for your child to ride.
- Teach your child emergency phone numbers and home safety rules.
- Limit TV and video viewing to about 1 hour a day. Watch programs with your child and discuss them together.
- Provide healthy food choices for meals and snacks. Encourage conversation at mealtime.
- Talk with your dentist about dental sealants for your child's teeth as her permanent molars erupt.
- Teach your child family rules, respect for authority, and right from wrong.
- Read together with your child. Play with him and show affection.
- Expect your child to start being curious about sex, and answer her questions using correct terms.
- Prepare your child for school, tour the school together, and meet the teachers.

### How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child's eating, sleeping, and social behaviors.
- Fill out and bring in school health forms for the health professional to complete.
- Encourage your child to think about things he may want to talk about with the health professional. Help your child learn about the health visit process.
- Share ideas with the health professional about community resources that you have found useful.
- Keep a list of topics you would like to discuss at your next visit.



### What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's exposure to lead and your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.