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5-8 Years Exams

WEIGHT: _____ LBS. _____ %

LENGTH: _____ IN. _____ %

NUTRITION:

Snacking is common at this age. Try to keep healthy simple choices on hand, like carrots, cucumber slices, pretzels, cheese slices, and grapes. Snacks from wrappers and boxes in general are not good choices.

Make sure your child gets a variety of food:

- **Vegetables:** 3-5 servings per day. A serving may consist of 1 cup of raw leafy vegetables, 3/4 cup of vegetable juice, or 1/2 cup of other vegetables, chopped raw or cooked.
- **Fruits:** 2-4 servings per day. A serving may consist of 1/2 cup of sliced fruit, 3/4 cup of fruit juice, or a medium-size whole fruit, like an apple, banana, or pear.
- **Bread, cereal, or pasta:** 6-11 servings per day. Each serving should equal 1 slice of bread, 1/2 cup of rice or pasta, or 1 ounce of cereal.
- **Protein foods:** 2-3 servings of 2-3 ounces of cooked lean meat, poultry, or fish per day. A serving in this group may also consist of 1/2 cup of cooked dry beans, one egg, or 2 tablespoons of peanut butter for each ounce of lean meat.
- **Dairy products:** 2-3 servings per day of 1 cup of low-fat milk or yogurt, or 1 ½ ounces of natural cheese (2 oz of processed cheese).

Keep them interested in healthy eating by letting them participate in the planning, shopping, and cooking of the meals. Refer to the food pyramid while you do it and explain why we need to make healthy choices. Assign tasks that are age-appropriate. Have fun! (And it's ok to get a little messy... they can help with the cleanup, too.) Eating patterns established during the next 2-3 years will be the dominant patterns which will carry forward throughout their lives – set a good example NOW!

EDUCATION:

SCHOOL:

At this point, much of your child's development is graded according to a school curriculum. Make sure that you have good communication with your child's teacher so that you can keep up on any problems that your child may be having or to find ways to keep your child

learning and stimulated at home. This may be via email, phone calls, notes home, or face-to-face. Don't be afraid to make yourself known. Help your child establish good homework habits. Have a quiet spot available with your child's necessary material nearby (paper, pencil, books). Some children do not respond well to a dictated study time. Instead, give them guidelines to meet such as no video games/playing with Billy until homework is done. Find what works best for your child and stick to it. Give your child supplies, encouragement, and the occasional help. Remember, however, that it is their responsibility to do the work, not yours.

AFTERSCHOOL:

Keep learning fun by engaging in some non-school educational activities, like trips to the library, science museum, or zoo. It is also important to encourage your child's social, emotional, and physical growth. Find activities that fit your child's temperament and personality. These should be things that boost your child's self-confidence, but are also FUN. Think about sports, music, school plays, or just playing with friends.

SAFETY:

Make sure that you know where your child is at all times of the day. Ensure that they are always with a safe, responsible adult. Your child may remain in a car safety seat/5 point harness until he/she maxes out the weight and/or height requirements of that seat. Make sure it is buckled into the vehicle tightly. The seat should not move more than an inch from side to side or front to back. Harness straps should be snug, no slack. The harness clip should be at armpit level. A five-point harness is the safest seat for your child. Once he/she has outgrown it, you may change to a booster seat. He/she must be in a booster seat until age 8 or 4 feet 9 inches. Make sure that you read the instructions that come with your car seats.

IMMUNIZATIONS:

Catch up. Think about an annual flu vaccine each fall.

NEXT VISIT:

We recommend seeing your child every year for a healthy check up to monitor for normal physical, emotional, and social growth.