



Pediatric Partners, L.L.C.

Paige L. Groppe-Giesselmann, M.D., F.A.A.P.
Madeleine R. MacDonald, M.D., F.A.A.P., F.A.C.M.G.
William J. Bishop, MSN, APRN, PNP
Diane L. Johnson, MSN, APRN, FNP
 2350 N. Clarkson • Fremont, NE 68025
 Phone 402-753-2900 • Fax 402-753-2926

**PRE-KINDERGARTEN
CHECK-UP**

Now your child is approaching another of the more memorable milestones, starting school. You may wonder if your child is ready to embark on this journey, especially if she is not going to turn 5 until after the school year starts. Some important traits that suggest a smoother transition include the ability to concentrate or work on projects, to get along with other children, and to separate from home well. If your child has been in preschool or daycare, she may have an easier time, especially if she has enjoyed this experience. It may help to visit the school and teacher beforehand to help relieve some anxiety felt by your child. Remember, since kindergarten tends to be more of a social experience rather than an academic one, it is important for your child to enjoy the time at school.

Your child should be able to dress without much help and should know your address and telephone number. Counting her fingers and recognizing some letters of the alphabet is a skill your child can most likely do. Also she should be able to copy a square or triangle, print some letters, and draw a stick-person with a head, body, arms, and legs.

Most children play well with others, including make-believe games. Manual dexterity is usually very good and she should be able to run, walk, and climb without difficulty.

NUTRITION

Children at this age should get three nutritious meals and two nutritious snacks a day, avoiding high fat or low-nutrient foods like candy, chips, and soft-drinks. Mealtimes should be pleasant and be eaten routinely as a group when possible. Encourage healthful eating habits and lead by example. Serve a variety of foods to ensure a healthful diet.

GENERAL CARE

Your child should be more cooperative and receptive at this point, and your relationship will be guided by consistency and understanding. Hopefully, rules concerning discipline have been well established. "Time Out" works well at this age, but needs to be used consistently, especially if this technique is going to work at places outside the home. Your child may

Check-up Snapshot	
WT _____	_____ %
HT _____	_____ %
B.P. _____	
Immunizations	
DTaP _____	HepB _____
HIB _____	MMR _____
Polio _____	Vaivax _____
Date _____	M.D. _____

experience stress or anxiety and develop secondary complaints such as stomach pain and headaches during time-out. Usually these can be resolved with calm reassurance from you. Bad dreams may also arise at this age.

Again, calm and confident reassurance is helpful, and these episodes usually resolve after a few days. Some children will develop a reluctance to go to school. If you know there are no physical problems and the teacher expresses no concerns, you should send your child to school to avoid problems with school avoidance behaviors.

Television viewing should be limited to a maximum of 1-2 hours a day. The violence and sexuality that is shown on television can influence children. It is much healthier for your child and the family to be involved with other activities, especially ones that involve physical activity.

Dental care should include brushing twice a day with a pea size amount of toothpaste that contains fluoride. Your child should visit the dentist every 6 months for routine care. Fluoride drops may be needed depending on the level in your drinking water.

It is important to expose your child to a variety of activities and learning experiences, especially ones that are organized as a family activity. Children learn by what they see as much as what they hear, so it is important to be a good role model. Make sure you communicate with your daughter and listen to what she has to say.

PREVENTION/SAFETY

- Make sure your child wears a seat belt for all car trips, even if it is only a short trip. She needs to know basic bicycle and traffic safety rules and must wear a helmet at all times when riding a bicycle. Swimming safety should be discussed, and your child should take swimming lessons if possible. A child should never be near water