

Next Visit

- Next follow up visit at 6-year-old
- If ER is needed, please only go the main hospitals of Duke, UNC, Novant, Atrium or WakeMed where pediatric emergency physicians are available
- Call us at \_\_\_\_\_ for any questions or concerns
- Both parents invited

**SAFETY:**

- Use properly positioned belt-positioning booster seat in backseat.
- Use seat belt; don't drive under the influence of alcohol or drugs
- Supervise child outside, especially around cars, around machinery, in streets.
- Supervise all outdoor play; never leave child alone; don't allow to cross street alone. Be sure swimming pools are fenced; use life jacket; teach child to swim.
- Teach safe street habits (crossing/riding school bus). Ensure child uses safety equipment (helmet, pads).
- Remove firearms from home; if firearm necessary, store unloaded and locked, with ammunition locked separately.
- Use hat/sun protection clothing, sunscreen; avoid prolonged exposure when sun is strongest, between 11:00 am and 3:00 pm.
- Install smoke detector on every level; test monthly/change batteries annually; make fire escape plan; set home hot water less than 120°F. When did you last change the batteries in your smoke detectors?
- Remove/lock up poisons/toxic household products; keep **Poison Help number (800-222-1222)** at each telephone, including cell.

- Contact community resources, like SNAP, for help with food assistance. Within the past 12 months, were you ever worried whether your food would run out before you got money to buy more? Within the past 12 months, did the food you bought not last and you did not have money to get more?
- Don't use tobacco/e-cigarettes. Don't use alcohol/drugs Call **800-QUIT-NOW (800-784-8669)** for help to quit smoking.
- Teach your child rules for how to be safe with adults: (1) no adult should tell a child to keep secrets from parents; (2) no adult should express interest in private parts; (3) no adult should ask a child for help with his/her private parts.
- Ask for help if you are concerned about or have experienced violence from your partner or another significant person in your life. Do you always feel safe in your home? Has your partner ever hit, kicked, or shoved you, or physically hurt you or the baby?
- You can also call the National Domestic Violence Hotline toll-free at **800-799-SAFE (7233)**.
- **5-year-old behavior and care:**
  - **Discipline:** for teaching, not punishment
    - Model anger management/self-discipline. Solve conflict/anger by talking, going outside and playing, walking away. What makes you sad/angry? How do you handle it? School: Readiness, established routines, school attendance, friends, after-school care and activities, parent-teacher communication
  - **Media use:** Limit TV and video to no more than 1 hour a day; no TV in bedroom; supervise any Internet use; consider making a family media use plan ([www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan)). What digital and internet-connected devices does your child use (e.g., handheld devices, video games, digital toys, TV, computers)? Make opportunities for daily play; be physically active as a family.
  - **School readiness:** Ensure child is ready to learn (regular bedtime routine, healthy breakfast). Tour school; attend back-to-school events. What concerns do you have about your child's ability to do well in school? Be sure after-school care is safe, positive. Talk with child about school experiences. If child has special health care needs, be active in IEP process.