

BOULEVARD CENTER PEDIATRICS

Shailesh Gohel, MD, FAAP Phone: (703) 670-0300 www.boulevardcenterpediatrics.com

Today's Date: _____

School Age Child

Next Visit: Annually

1. _____ Weight: _____ lbs (%) Height: _____ inches (%) BP _____ (%) BMI%: _____ Vision: Pass/Fail Hearing: Pass/Fail
2. _____ Weight: _____ lbs (%) Height: _____ inches (%) BP _____ (%) BMI%: _____ Vision: Pass/Fail Hearing: Pass/Fail
3. _____ Weight _____ lbs (%) Height: _____ inches (%) BP _____ (%) BMI%: _____ Vision: Pass/Fail Hearing: Pass/Fail

Immunizations Recommended: ___Influenza ___DtaP ___IPV ___MMR ___Varicella ___TDaP

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include Common adverse effects of vaccines: Pain, Swelling, Rash, Headache

Labs are sent electronically (Call the office after 3 days of getting them done for results)

Labcorp 14010 Smoketown Rd, Suite 101; Quest 2080 Daniel Stuart Sq.,

Treat Fever/Pain as needed, with:

Acetaminophen syrup (160mg/5ml.) Acetaminophen/Tylenol dose is: _____ ml for Child 1 & _____ ml for Child 2: Every 4 hours

Ibuprofen (100mg/5ml.) Ibuprofen/Advil dose is: _____ ml for Child 1 & _____ for Child 2: Every 6-8 hours

Motrin/Ibuprofen 400 mg tablet _____ tablet for Child 1 & _____ for Child 2, Every 6 hours

High Blood Pressure Readings: Recheck BP at home/local pharmacy, after 5 min of rest and feet flat on ground.

Referred To: _____

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Pediatric Specialists of VA Center 703-876-2788/571-226-8380
 Eye: Dr. Parelhoff 703-670-4700 Dr. Lateef 703-494-1766 Walmart Vision 703-491-0523; Sensational Kids Therapy 540-841-4443
 Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300; Psychiatry: Dr. Altahir 703-373-7338
 Potomac Pediatric Dentistry 703-221-4040, Audiology Dr. Cheng 703-499-8787; Ascent Audiology 703-291-4801

Diet: Eat healthy diet, including fruits, vegetable, dairy, nuts, low-fat meat/eggs. Avoid fast food/junk food/soda/juice.

- Ensure sufficient calcium intake: Age 4-8 year: 800 mg/day, Age 9-13 year: 1300 mg/day and Vitamin D intake 400 IU per day.
- Do at least 1 hour of exercise on regular basis (4 to 5 times a week). Participate in sports.
- Limit TV/leisure screen time to 1/2 hour per day.

Puberty: Expect changes in the body of your child during this period. Puberty will lead to change in body odor, development of breasts (girls) and enlargement of testes (boys). If you see signs of puberty before the age 8 in girls and age 9 in boys, please discuss with your doctor.

Sleep: Make sure your child gets adequate sleep (9 to 10 hours per night). Discuss with MD/NP for sleep disturbances (Snoring, urinating in sleep, sleep walking or talking, reduced or excessive sleepiness).

Education: Help your child with increasing demand of school work. Make routine for reading and homework. Get help for issues like school bullying, learning problem, ADHD.

Peers: Try to know your child's friends. Get to know their parents, Encourage play dates at home. Start discussion about drugs, alcohol and smoking avoidance.

Healthy Teeth: Teeth should be brushed 2x/day. Teeth should be flossed once a day. Visit the dentist twice a year.

School: Take your child to see their school and meet the teacher. Read books every day. Talk to your child about school and their day. Make sure your child is in a safe place after school with an adult. Talk with your child every day about things he liked, any worries and if anyone is being mean to him.

Turn Page Over

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Your Child & Family: Give your child chores to do and expect them to be done. Have family routines. Hug and praise your child. Teach your child what is right and wrong. Children learn better from discipline than punishment. Help your child deal with anger.

Staying Healthy:

- Eat breakfast. Buy fat free milk and low fat dairy foods, encourage 3 servings each day. Limit candy, soft drinks and high fat foods.
- Offer 5 servings of vegetables & fruits at meals and for snacks every day.
- Limit TV time to 2 hrs a day. Do not have a TV in your child's bedroom.
- Make sure your child is active for 1 hour or more daily. Eat together as a family often.

Safety

- Your child should always ride in the back seat: Use a car safety seat or booster until your child reaches the maximum weight or height limit per the manufacturer's guidelines; Always wear a seatbelt in the back of the car once your child has outgrown their safety seat.
- Teach your child to swim.
- Use sunscreen when outside.
- Provide a good fitting helmet and safety gear for biking and other activities which may require them.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in a hallway near every sleeping area.
- If you must keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun. It is advised to not keep a gun in the home.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- Make sure your child knows how to get help if he is feeling unsafe.
- Teach your child about how to be safe with other adults: No one should ask for a secret to be kept from parents, No one should ask to see private parts, No adult should ask for help with their private parts.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 for any acute illness including fever, pink eye, diarrhea, cough, wheezing or management of a chronic medical problem (ADHD, Asthma, etc.)

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status (consciousness), un-consolable crying, moderate to severe abdominal pain, seizures, motor vehicle accident and injury.

Poison Help: 800-222-1222

Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org

Prince William County Schools: www.pwcs.edu

Suicide Hotline: 800-273-8255