



## DOSING CHART

**Acetaminophen:** Give every four to six hours as needed. Don't exceed five doses in 24 hours.

mL = milliliter tsp = teaspoon		Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets (80 mg)	Jr. Acetaminophen Meltaway Chewable Tablets (160 mg)
Acetaminophen	Weight				
	6-11 lbs.	1.25 mL	—	—	—
	12-17 lbs.	2.5 mL	—	—	—
	18-23 lbs.	3.75 mL	—	—	—
	24-35 lbs.	5 mL	5 mL (1 tsp)	2 tablets	—
	36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
	48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets	
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets	

**Ibuprofen:** Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

		Infant Drops 50 mg/1.25 mL	Children's Suspension Liquid 100 mg/5 mL	Children's Chewable Tablets 50 mg each	Jr. Strength Chewable Tablets/Motrin Tablets 100 mg each
Ibuprofen	Weight				
	12-17 lbs.	1.25 mL	—	—	—
	18-23 lbs.	1.875 mL	—	—	—
	24-35 lbs.	—	5 mL (1 tsp)	2 tablets	—
	36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
	48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets	

\*If under 6 months of age, please consult your pediatrician.

**PEDICARE**  
Children's Clinic

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## 5 YEAR CHECKUP

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

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

Next Visit: **6 or 7 Years of Age**

### Nutrition & Physical Activity

- Continue to teach table manners.
- Stock your home with low-salt, low-sugar, and low-fat foods; save sweets for special occasions. Avoid soft drinks and sugary drinks. Discuss healthy eating and encourage daily exercise.
- Limit TV, computer, and video games to less than 2 hours a day. Do not allow a TV in your child's bedroom.

### Discipline

- Be consistent in rewarding and punishing behavior.
- The goal of discipline is teaching appropriate behavior, not punishment. Give clear and appropriate limits with consequences. Correct your child privately.
- Be sure to state the acceptable behavior and praise that behavior.
- Both you and other caregivers should be consistent.

### Social & Emotional Development

- Your child will be interested in new experiences, less selfish, and more

independent.

- Allow choices in appropriate situations.
- They will be curious about where babies come from and differences in boys and girls.
- Sexual curiosity and exploration is common at this age. Be honest in answering questions.

### Cognitive Development

- Your child can name 4 or 5 colors, count to 10, recognize most letters of the alphabet, and can tell a simple story.
- He/she will begin to understand right from wrong, fair, and unfair.
- He/she will enjoy the company of other children.
- He/she will have formed gender identification (boy and girl).

### Motor Development

- Your child can skip, walk on tiptoes, jump, dress and undress, cut and paste, and draw a person with 6 body parts.

### Safety

- Refer to Car Seat Safety Handout provided at this visit for further details.
- Watch children playing near a street.
- Store knives out of reach. If it is necessary to keep a gun in the house, keep it unloaded and locked up.

- Watch your child when in water and teach your child to swim.
- Talk to your child about strangers and "good touching" and "bad touching."
- Teach your child what to do in case of a fire.
- Teach your child his/her name, address, and phone number.

### Sleep

- Continue a regular schedule and allow them to sleep in their own bed.
- Let him/her make some choices to be in control (e.g., what pajamas to wear, what story to read, etc.).
- Establish a bedtime ritual that your child can anticipate and enjoy.

### Testing (if not done at age 4)

- Your child may need a CBC (Complete Blood Count), cholesterol, urinalysis, TB skin test, and a hearing and vision screening.

### Immunizations

- If not done at age 4, please see attached sheets for vaccines given today.
- Tylenol or Motrin may be used for discomfort (see dosing chart on back of sheet).

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