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Northwest Clinic for Children, P.A.



15420 North 32nd Drive  
Phoenix, AZ 85053-3998  
Phone (602) 866-1974  
Fax (602) 375-3949  
Website: nwcchildren.com

Date \_\_\_\_\_ Ht \_\_\_\_\_ % \_\_\_\_\_  
Wt \_\_\_\_\_ % \_\_\_\_\_ BP \_\_\_\_\_

**Poison Control:**  
**602-253-3334**  
**1-800-362-0101**

## 3 YEAR CHECK

- **CAR SEAT** - Child safety seats are required until five years old. Continue 5 point safety seats after five years old if child meets height/weight guidelines on seat.
- **SMOKING AGGRAVATES ALLERGIES AND ASTHMA** - and may lead to other lung and heart disorders. **AVOID EXPOSING YOUR CHILD TO SMOKE.**
- **ACCIDENTS ARE VERY COMMON AT THIS AGE** - make your home and pool area safe and child proof. **NEVER LEAVE YOUR CHILD UNATTENDED.**
- **WEAPONS SHOULD BE SECURELY LOCKED** - FIREARMS should be **UNLOADED EVEN IF LOCKED.**
- **CONTINUE TWICE YEARLY DENTAL CHECK UPS - KEEP BRUSHING.**
- **APPETITE MAY BE DECREASED** - ask the doctor about growth, nutrition, fluids and vitamins.
- **TOILET TRAINING SHOULD BE A POSITIVE EXPERIENCE** - if you are having difficulties, talk to your doctor about them.
- **BUILD YOUR CHILD'S SELF ESTEEM** - praise and reward them, play with them, talk and read to them. **DISCIPLINE AND LIMITS ARE VERY IMPORTANT.**
- **FOR THE SAFETY OF YOUR CHILD & PETS** - always supervise both.
- **BE A GOOD ROLE MODEL.**
- **NEVER HARM A CHILD** - **IF YOU FEEL YOU CANNOT CONTROL ANGER WITH YOUR CHILD, PUT HIM OR HER IN A SAFE PLACE, WALK AWAY, CALL FOR HELP.**

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## 4 AND 5 YEAR CHECK

- **ELEVATED CHOLESTEROL AND/OR TRIGLYCERIDES** - can be hereditary and can occur as early as the toddler years. Surprisingly, some children require dietary and/or medical treatment to prevent early atherosclerosis (hardening of the arteries), heart attack or stroke. Please notify us if there is a family history of elevated cholesterol or triglycerides or premature (under age 50 years) heart attack or stroke.
- **BUCKLE UP - YOUR CHILD AND YOURSELF SET A GOOD EXAMPLE.**  
Until 5 years, a 5 point safety seat is required. Continue this after 5 years if the child fits the height/weight recommendations. After 5 years, by law, your child must remain in a booster seat until they are eight years old (unless they are taller than 57 inches). We recommend children over eight years old remain in a booster seat until they reach a height of 57 inches. If the car does not have head rests in back seat, a high backed booster should be used. Children under 13 years old should NOT RIDE IN FRONT SEAT.
- **DON'T SMOKE AROUND YOUR CHILD** - (hopefully don't smoke any) AVOID HEAVY SECOND HAND SMOKE.
- **SAFETY AT HOME**
  - Teach your child to swim but NEVER LET CHILDREN SWIM ALONE. If you have a POOL, be sure it is FENCED AND LOCKED.
  - Have your child wear a BIKE HELMET. For skating, rollerblading, etc., be sure your child wears a helmet and appropriate padding.
  - MAKE YOUR HOME AND YARD CHILD PROOF - be especially aware of locking weapons (be sure firearms are left unloaded), medications, matches, chemicals, etc.
  - BEWARE of the dreaded CURLING IRON, etc.
- **SNORING, NOISY BREATHING OR GAGGING/CHOKING DURING SLEEP** - should be reported to doctor.
- **CONTINUE TO BE AWARE OF SUN SAFETY** - use sun blocks. Check moles and freckles regularly. Let the doctor know if you have concerns in this area.
- **BEDWETTING** - is common and usually normal at this age. Please mention any problems to your doctor.
- **BE CAREFUL WITH PETS** - bites are most common at this age.
- **TEACH YOUR CHILD TO EAT A WELL BALANCED, HEALTHY DIET** - AVOID JUNK FOOD AND EMPTY CALORIES SUCH AS POP, KOOL-AID, EXCESSIVE JUICES, ETC.
- **BRUSH THOSE TEETH REGULARLY AND CONTINUE REGULAR DENTALCHECKUPS**
- **YOUR CHILD IS NEARING SCHOOL AGE** - talk to doctor about development, speech, and attention span.
- **TEACH BY EXAMPLE - BE A GOOD ROLE MODEL** - NEVER HARM A CHILD. IF YOU FEEL YOU CANNOT CONTROL ANGER WITH YOUR CHILD, PUT HIM OR HER IN A SAFE PLACE, WALK AWAY, CALL FOR HELP.
- **OBESITY** - is a major health problem in our country. Stress a balanced, healthy diet and REGULAR PHYSICAL EXERCISE. Exercise is the best prevention and control for obesity. Exercise also improves general health and self-esteem. Help your child find an exercise they can be successful with and EXERCISE WITH THEM WHEN YOU CAN. Thirty-sixty minutes of vigorous exercise is recommended daily. Screen time (TV, computer, phones, pads) should be limited to 1-2 hours daily. Encourage out door play. KEEP THEM MOVING.

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## 6 - 9 YEAR CHECK

- **BUCKLE UP - YOUR CHILD AND YOURSELF SET A GOOD EXAMPLE** - By law your child must remain in a booster seat until they are eight years old (unless they are taller than 57 inches). We recommend children over eight years old remain in a booster until they reach a height of 57 inches. If the car does not have head rests in back seat, a high backed booster should be used. Children under 13 years old should NOT RIDE IN FRONT SEAT.
- **DON'T SMOKE AROUND YOUR CHILD** - (hopefully, don't smoke at all). AVOID AREAS OF HEAVY SECOND HAND SMOKE.
- **SAFETY AT HOME:**
  - Teach your child to swim but NEVER LET CHILDREN SWIM ALONE. If you have a POOL, be sure it is FENCED AND LOCKED.
  - Have your child wear a BIKE HELMET. For skating, rollerblading, scooters, quads etc., be sure your child wears a helmet and appropriate padding.
  - MAKE YOUR HOME AND YARD CHILD PROOF - be especially aware of locking weapons (be sure firearms are left unloaded), medications, matches, chemicals, etc.
- **CONTINUE TO BE AWARE OF SUN SAFETY** - use sun blocks every hour in large amounts. Check moles and freckles regularly. Let the doctor know if you have concerns in this area.
- **TEACH YOUR CHILD TO EAT A WELL BALANCED, HEALTHY DIET** - AVOID JUNK FOOD AND EMPTY CALORIES SUCH AS POP, KOOL-AID, EXCESSIVE JUICES, GATORADE, ETC.
- **BRUSH THOSE TEETH REGULARLY AND CONTINUE REGULAR DENTAL CHECKUPS** - twice a year.
- **TEACH BY EXAMPLE - BE A GOOD ROLE MODEL.**
- **OBESITY** - is a major health problem in our country. Stress a balanced, healthy diet and **REGULAR PHYSICAL EXERCISE**. Exercise is the best prevention and control for obesity. Exercise also improves general health and self-esteem. Help your child find an exercise they can be successful with and **EXERCISE WITH THEM WHEN YOU CAN**. Thirty-sixty minutes of vigorous exercise is recommended daily. Screen time (TV, computer, phones, pads) should be limited to 1-2 hours daily. Encourage outdoor play. **KEEP THEM MOVING**. Your child may be more involved in sports. It is important we know of any history of concussion.
- **NEVER BE A BULLY OR HARM ANYONE** - if you are ever bullied, injured or touched inappropriately by anyone, notify us or someone you trust.