



West Virginia HealthCheck

5 Year Visit

What to Expect at the 5 Year Visit

Middle childhood begins with the 5 year old. As the 5 year old continues in school, opportunities to make new friends and acquire new skills increase. Outside activities like sports, dance and scouts challenge busy families. During this visit some questions your provider may ask include:

How is your child doing with his or her school work?
Is your child able to follow the rules at school?

Does your child participate in after-school activities?

Does your child play with other children? Making friends?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child will have a **visual acuity screen** and a hearing screen.
- Your child will have a complete head-to-toe physical examination.
- Your provider will ask questions about exposure to **tuberculosis** and **lead**.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you age-appropriate information on safety, and talk about healthy habits, school progress and the importance of active play.

Preventive Care Tips: Speech-Language Screening

The child who has yet to say her first words may be experiencing a speech-language delay. The elementary school student who may seem shy, doesn't talk much, and appears to be anti-social, may also have an undiagnosed communication disorder. The older student who may be disruptive in school and doesn't follow directions may have an undiagnosed speech-language disorder.

A speech disorder refers to a problem with the actual production of sounds, whereas a language disorder refers to a difficulty understanding or putting words together to communicate ideas.

The sooner children with speech-language delays and/or disorders are identified, the greater the chances they have of improving with speech therapy. Children with undiagnosed speech-language disorders, often struggle in life. Such problems can have a negative impact on them throughout school and well into adulthood.

While speech-language screening using a standardized screening tool is not a recommended part of the well-child check up, it is the responsibility of the provider to address parents' concerns and children's obvious speech and language delays. It's important to discuss early speech and language development, as well as other developmental concerns, with your provider at every routine well-child visit.

Although you can seek out a **speech-language pathologist** on your own, your primary care provider can refer you to one. A speech-language evaluation provided by a licensed speech-language pathologist will determine if in fact your child does need speech therapy.

In conducting an evaluation, a speech-language pathologist will look at a child's speech and language skills within the context of total development. Besides observing your child, the speech-language pathologist will conduct **standardized tests and scales**, and look for milestones in speech and language development.

If the speech-language pathologist finds that your child needs speech therapy, your involvement will be very important. Speech-language therapy is the treatment for most kids with speech and/or language disorders. Often, you can observe therapy sessions and learn to participate in the process. The speech therapist will show you how you can work with your child at home to improve speech and language skills.

When speech, language, hearing, or developmental problems do exist, **early intervention** can provide the help a child needs.

What To Expect At The 6 Year Visit

- Your child's exam will include a **behavioral risk screen**.
- Your child will have a vision and hearing screen.
- Your child may receive one or more immunizations.

**West Virginia
HealthCheck Program
1-800-642-9704**

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