



5 Years

Your 5-year-old is probably about to begin “real” school for the first time. Your child changes from a little one, protected at home, to a kindergartner with demands of a new school and new expectations. Children this age need approval, praise and encouragement. They want to please and are proud of their work.

Developmental and Milestones

- Skips, can walk on tiptoes and jumps forward.
- Throws a ball overhand.
- Can cut and paste.
- Can name four or five colors.
- Can state his or her age. Knows their own address and phone number.
- Has a large vocabulary and can speak in six to eight word sentences.
- Can tell a simple story and several nursery rhymes.
- Can dress and undress without supervision.
- Can copy a triangle from a picture. Draws a person with a head, body, arms and legs.
- Understands right and wrong, fair and unfair.
- Understands games that have rules.
- Engages in make believe and dress up.

Sleep

- At this age, expect an occasional nightmare or night terror. If nightmares become frequent, speak to your child's pediatrician about it.

Parenting and Behavioral

- Continue reading to and with your child.
- Praise child's progress.
- Teach the difference between right and wrong.
- Begin age appropriate chores.
- Building self-esteem is very important. Give your child encouragement and praise not only for completing a task, but also while working on the task.
- Parents should encourage diversity, respect and tolerance.
- Play simple board games with your child.
- It is not unusual to have occasional accidents at night and during play. Be understanding and don't make a big deal out of it.
- Take trips to parks, libraries, zoos and other points of interest.

Feeding and Nutrition

- Offer your child a selection from the basic food groups.
- Make meal time pleasant.
- Turn the television off during meals.
- Encourage conversation.
- Encourage healthy snacks.
- Ensure your child eats a balanced breakfast and nutritious lunch at school.

School Readiness

- Plays well with other children.
- Can follow simple directions.
- Is able to separate from parents, after short transition time, for at least half of a day.

Sexuality

- Teach your child the names of all body parts including genitals.
- Teach your child a vocabulary to avoid unwanted touching.
- A child's sexual curiosity and exploration are normal.

General Health and Safety

- Continue to use booster seats until 4'9" tall.
- Teach your child how to swim.
- Make sure all swimming pools in the area are secure.
- Use sunscreen, and limit sun exposure.
- Provide a smoke free environment.
- Conduct fire drills and make sure all smoke alarms work properly.
- Maintain carbon monoxide detectors.
- Keep firearms out of the home, or in a locked, out of sight container, unloaded.
- Teach bicycle safety and insist on a helmet and closed toe shoes.
- Teach your child rules for interacting with strangers, either on the phone or at the door.
- Never let your child play unsupervised outdoors.

Tests/Labs

- Hemoglobin
- Lead

Immunizations

(Only if not given at four year well check)

- DTaP (Diphtheria, Tetanus, and Pertussis)
- IPV (Polio)
- MMRV (Measles, Mumps, Rubella, Varicella)

Date _____

Your Next Visit: 6 Years

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____

