



# Your Child at Age Five

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## TODAY'S MEASUREMENTS

**Weight:** \_\_\_\_\_ pounds \_\_\_\_\_ ounces ( \_\_\_\_\_ percentile)

**Height:** \_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

**Body mass index:** \_\_\_\_\_ ( \_\_\_\_\_ percentile)

**Blood pressure:** \_\_\_\_\_ / \_\_\_\_\_ mm Hg

**IMMUNIZATIONS:** Chickenpox (varicella), DTaP (diphtheria, tetanus and pertussis), MMR (measles, mumps and rubella), Polio (*if your child has not already received these shots*)

Possible vaccine side effects include:

- **Fever**
- **Redness or swelling at the site of the shot**

*If needed, you can give your baby acetaminophen (Tylenol). Ask your doctor for the correct dose. Contact your doctor if your child's symptoms are severe or last longer than 48 hours.*

**Next visit:** In one to two years

**LABS:** Your child may need tuberculosis, blood and urine tests. Talk with your doctor.

## NUTRITION

Your child should be eating on his or her own. Offer choices when possible and try to get him or her to try new foods. This will help teach your child healthy eating habits as he or she grows up. Be a role model by using good table manners. Choose healthy foods and avoid soda and junk and fast food.

- Be sure your child eats breakfast every day.
- Your child needs 800 milligrams of calcium (that is three servings of dairy) daily. Low-fat dairy products such as milk, yogurt and cheese are good sources. Breads and cereals with added calcium are good choices for children who do not eat or drink enough dairy products. If your child is not getting enough calcium, a calcium supplement may help. Talk with your doctor.
- Your child also needs 400 international units (IU) of vitamin D every day. This can be given as part of a children's multivitamin.
- Try to feed your child at least five servings of fruits and vegetables daily.

## DEVELOPMENT

All kids develop at their own rate. At this age you may notice that your child:

- Skips
- Walks on tiptoes
- Dresses and undresses alone
- Cuts and pastes paper
- Buttons clothing
- Copies a triangle
- Draws a person with a head, a body and limbs
- Defines at least one word, such as shoe
- Learns to tie his or her shoes
- Recites songs
- Tells a simple story
- Names five colors and counts to 10
- Knows his or her name and address
- Plays make-believe and acts as the mommy, for example
- Makes friends and plays well with them
- Begins to know right and wrong and fair and unfair; understands that games have rules



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- Limit juice to no more than four ounces a day. Do not allow your child to drink soda.
- Teach your child to choose healthy snacks. Avoid frozen or prepackaged treats that are high in sugar and fat. Fresh fruits, nuts, cheese and yogurt are healthy choices.
- Eat meals with the whole family. Do not eat in front of the TV.

## SAFETY

- Check the height and weight limits on your child's car seat. Children who weigh more than 40 pounds should use a high-back booster seat. California law requires that children use these seats until they are six years old or weigh 60 pounds. But the National Highway Traffic Safety Administration says that if your child is too big for his or her car seat, you should put your child in a booster seat until he or she is at least eight years old or four feet nine inches tall. For more information, visit [nhtsa.gov](http://nhtsa.gov).
- Follow safety guidelines when your child is around water. Teach your child to swim.
- Keep an eye on your child when he or she is near streets. Teach him or her to not cross the street without an adult.
- Teach your child what to do in case there is a fire or other emergency and how to dial 911. Make sure that your child can recite his or her name, address and phone number.
- Cook on the back burners of your stove to reduce the risk of burns. If your child gets burned, apply cold water (not ice) right away and call your doctor.
- Make sure that all chemicals, medications, cleaners, knives, matches and other hazardous materials are out of your child's reach.
- Put a hat on your child and apply sunscreen with SPF 30 or higher when he or she is outdoors.
- Have your child wear a helmet, elbow guards and kneepads when riding a bike, scooter or skateboard.
- Remind your child not to go with strangers or take anything from them. Teach your child rules on how to be safe with all adults:
  - No adult should tell your child to keep secrets from you.
  - No adult should show interest in your child's private parts.
  - No adult should ask your child for help with his or her own private parts.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked and stored away from ammunition.
- If you are worried about violence in your home, speak with your doctor or contact the National Domestic Violence Hotline at **1-800-799-SAFE (1-800-799-7233)** or [ndvh.org](http://ndvh.org).
- Keep the Poison Control Hotline posted on your refrigerator: **1-800-222-1222**.

## SLEEP

- Soothing bedtime routines help lessen nightmares. If your child has bedtime fears, talk about them and remind your child that you are nearby. Respond to nightmares right away and comfort your child.
- Bedwetting is still normal at this age. Do not scold or punish your child for this.
- If your child snores heavily or you are having trouble with his or her sleep habits, ask your doctor for help.

## DISCIPLINE

Keep consistent rules and limits. Try to say things in an upbeat way—tell your child what to do instead of what not to do. Praise good behavior. Explain why you say yes or no when your child asks for something. Help your child solve problems by himself or herself. Teach your child how to say sorry. Show him or her the difference between right and wrong. Praise your child when he or she cares about other people's feelings.

## TOILET TRAINING

Most children now stay dry during the day. Bedwetting is still common at this age. Allow your child to help change the sheets if he or she has an accident, but do not punish your child for wetting the bed. Teach your child to wash his or her hands after using the bathroom.

## FOCUS ON FAMILY

- Make time for the whole family to be together. This may include mealtimes, bedtimes and family vacations. At mealtimes, include your child in the conversation.
- Spend time together being active—go for walks, play at the park or ride bikes.
- Encourage your child to explore, do things on his or her own and tell you what he or she wants. Children learn self-respect and love when they feel that their ideas are important to you. Have your child tell you about his or her friends and activities at school. Listen to what your child has to say.
- If you let your child watch TV, limit it to less than two hours a day and watch it together. Do not watch TV during mealtimes. Do not put a TV in your child's bedroom.

## PROMOTING DEVELOPMENT

- Your child will start kindergarten this year. If you have questions about whether your child is ready for school, talk with your doctor.
- You may want to have your child play sports. He or she should be active for at least 60 minutes every day.
- Children at this age ask many questions. Keep your answers short and tell the truth.
- Encourage daily exercise by taking your child to the playground or park.
- Read to your child every day. Let him or her tell you the story. Point out letters and play rhyming games together. Take your child to the library and choose books that he or she likes.
- Help your child brush his or her teeth twice daily with toothpaste that has fluoride in it. And teach your child how to floss. Take your child to the dentist every six months.
- Give your child simple household chores.
- Speak to your child slowly, clearly and in adult language. Do not hurry his or her speech or speak for your child.

## ADDITIONAL RESOURCES

- American Academy of Pediatrics: [aap.org](http://aap.org); American Academy of Family Physicians: [aafp.org](http://aafp.org); Immunization information: [immunize.org](http://immunize.org), [cdc.gov/vaccines](http://cdc.gov/vaccines), [vaccine.chop.edu](http://vaccine.chop.edu), [familydoctor.org](http://familydoctor.org) and [vaccineinformation.org](http://vaccineinformation.org)
- Other books are available at [aap.org/bookstore](http://aap.org/bookstore).