Well Child Handout: Your child Age Five

Your Child’s Name: _________________________________________ Date: ________________________

TODAY’S MEASUREMENTS

Weight: _______ pounds (_______ percentile)
Height: _______ inches (_______ percentile)
Body Mass Index: _______ (_______ percentile)
Blood pressure: _______/ _______ mm Hg

DEVELOPMENT

All kids develop at their own rate. At this age you may notice that your child:
• Skips
• Walks on tip toes
• Dresses and undresses alone
• Cuts and pastes paper
• 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 full name
• 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

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

Possible vaccine side effects include:
• Fever
• More irritability or fussiness
• Discomfort, redness or swelling at the site of the shot
• Rash

Labs: Your child may need a tuberculosis test.

* If needed, you can give your baby acetaminophen (Tylenol). Studies show acetaminophen may reduce vaccine effectiveness, so only use for more severe symptoms. Contact your doctor if your child’s symptoms are severe or last longer than 48 hours.

Next Visit: In one to two years

NUTRITION

By age five children should be able to eat on their own. Offer healthy foods appropriate for the whole family at meal time. This will help teach your child healthy eating habits as he or she grows up. Be a good role model by avoiding soda and junk food. Excessive snacking may lead to picky eating.

• Encourage your child to eat breakfast every day.
• Your child needs 800 milligrams of calcium every day. Low-fat dairy products such as milk, yogurt and cheese are good sources. Non-dairy sources of calcium include some breads and cereals, and green leafy vegetables. If your child is not getting enough calcium, an over-the-counter calcium supplement may help.
• Your child also needs 600 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.
• Limit juice to no more than four ounces a day. Do not allow your child to drink soda.
• Eat meals with the whole family without the distraction of electronics.
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 until they outgrow the manufacturer’s recommendations. California law requires that children use a simple booster seat until they are eight years old or at least four feet nine inches tall. For the latest guidelines, trust information from cdph.ca.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 genitals.
  — No adult should ask your child for help with his or her own genitals.

• 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.

• Keep the Poison Control Hotline number handy: 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.

• If your child snores heavily or you are having trouble with his or her sleep habits, ask your doctor for help.

DICIPLINE

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 electronics, limit to less than two hours a day and watch together. Do not watch electronics during mealtimes. Do not allow media 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 with 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 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; American Academy of Family Physicians: aafp.org; Immunization information: immunize.org, cdc.gov/vaccines, vaccine.chop.edu, familydoctor.org and vaccineinformation.org

• Other books are available at aap.org/bookstore.