

# AGE: 5 YEARS

Date: \_\_\_\_\_

## *GROWTH*

Weight	lbs	oz	(	%)
Height	inches	(	%)	

## *EATING*

Children should eat 3 meals a day. They should drink a maximum of 2 to 3 cups of skim milk a day and the rest of the day water. Drinking water is important to avoid dehydration. Avoid candy, soda pop, Gatorade, juice and sugary drinks. Avoid caffeine and drinks or food made with artificial sweeteners. Encourage your child to brush their teeth twice a day. Children this age should see a dentist every six months for a cleaning.

Offer your child a balanced diet, including fruits, vegetables, breads, whole grains, dairy products, and meat. Limit fat and sugar. Serve your child the same foods that the family is eating. Offer a variety of foods and encourage your child to try new foods.

## *DEVELOPMENT*

Children this age can balance on one foot, skip, tie a knot, and copy a square and a triangle. They should know their ABC's, count to 10, and recognize and print some letters. They can tell a story and dress/undress themselves. Now is a good time to teach your child their address and phone number.

Children should have a regular bedtime with a routine. They should fall asleep on their own and remain in bed. Books are an important part of a bedtime routine. Nightmares and nighttime bedwetting are common.

## *PLAY AND LEARN*

Children can share, wait their turn, and play with peers. Encourage physical activity and limit total TV viewing and computer/video game time to no more than 1-2 hours a day. Children this age should be able to help with chores at home.

It is important to provide clearly stated limits to children this age and consistently follow through with consequences when rules are broken. Time out and loss of privileges can be used to punish undesirable behaviors. Children should be praised for good behavior.

## *SAFETY*

1. Car Seats-Continue to use a car seat in the back seat. When your child outgrows his car seat, switch to a high-back booster seat and use with the car's lap and cross-chest seatbelts. Booster seats are recommended until your child is 4 foot 9 inches (57inches) tall.
2. Water Safety-Keep your pool surrounded by a fence with a locking gate. Knowing how to swim does not ensure your child's safety. Never leave your child alone in the bathtub or pool.
3. Poisons-Keep all medications and cleaners out of reach.
4. Guns-Store guns and ammunition separately. Keep them locked and out of reach.
5. Burns-Keep matches, lighters, and cigarettes out of reach. Use smoke alarms.
6. Dog Bites-Watch your child around animals, especially dogs. Most bites are caused by the family dog.
7. Streets-Teach your child to be careful near streets, though they may not remember such instructions. Always supervise your child.
8. Strangers-Teach your child to avoid strangers.
9. Helmets-Your child should always wear a helmet while biking and skating.

## *WHAT'S NEXT?*

After age 5, your child should be seen every year for a well check.