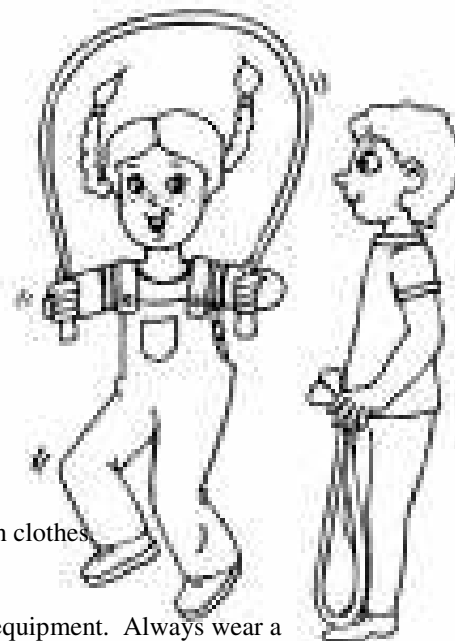


FIVE YEARS

At 5 years, your child may:

- Choose their own friends
- Know their address and phone number
- Play simple board games
- Draw a person
- Recognize letters and numbers
- Be left- or right-handed
- Skip, skate, jump rope
- Pumps swing.
- Rides bicycle with or without training wheels.
- Tells a simple story and knows several nursery rhymes.
- Sings songs. Counts to 20. Names primary colors.
- Draws a “stick figure” with head, body, arms and legs.
- Can cut and paste. Can copy some shapes.
- Recognizes most letters of the alphabet.
- Can print name and some, if not all, letters of the alphabet.
- Dresses and undresses without supervision. Able to zip and button clothes.



Things to do together:

- Bike ride, ice skate, roller skate with the right clothes and safety equipment. Always wear a helmet.
- Make books. Ask them to tell you a story. Write it down in their own words, and ask them to add pictures.
- Practice counting things in your home. Count the chairs, pillows, mirrors, or toothbrushes.
- Prepare them for starting school. Read books about going to school. Visit the new school together. Ask them how they feel about it.

What you can do:

- Exercise with your child
- Give them time to adjust to their new school
- Read for your own enjoyment
- Speak with their teachers often
- Ask your child about their day
- Get involved with school activities

Anticipatory Guidance (Do's and Don'ts):

- Brush teeth twice a day. Routine dental checkups. Continue fluoride supplement if needed.
- Accident prevention:
 - Lock up electrical tools, firearms, matches, poisons.
 - Car seat required until 40pounds. Booster seat should be used if the child is over 40 pounds and is required until 6 years of age or at least 60 pounds. Child should always ride in rear seat until age 12.
 - Teach bicycle safety including use of helmet.
 - Always supervise child while in or near water. Teach child to swim.
 - Teach child what to do in case of fire or earthquake.
 - Warn child not to go with or accept anything from strangers and to feel free to say “no” to them.
- Have child memorize name, address, and phone number.
- Child's sexual curiosity and explorations are normal. Answer questions honestly, at a level appropriate to child's
- understanding, and within boundaries of the question.

- Encourage child to sleep in his own bed. Maintain pleasant bedtime routine, including reading and/or bedtime stories.
- Many children still have accidents at night and may wet the bed. Staying dry at night is a developmental issue.
- Most children achieve nighttime control with time and intervention is not necessary. Do not punish or pressure child if he/she is not able to stay dry at night.
- Encourage play time with other children.
- Show interest in child's activities and school work.
- Assign simple chores such as set and clean up table and tidying up room.
- Important to maintain age appropriate and clearly stated limits and consequences. Be consistent. Balance limit setting with child's need for independence.
- Praise child and his/her behavior whenever possible. Show affection.

Common Concerns – Getting ready for school

Before your child starts school, most learning happens during play. Being ready for school is more than knowing letters and numbers. Children need to feel secure at school and being with others.

- Encourage them to do lots of different things
- Give them chances to be away from you
- Encourage them to dress and use the bathroom themselves
- Let them take care of their own things
- Teach basic safety rules such as crossing streets, riding buses, and playing safely
- Encourage them to say what they need and want
- Give them chances to play with others, take turns, and share toys
- Let them do things on their own
- Encourage them to finish tasks

All children are different – even children from the same family. School is a place for your child to keep growing – at their own pace. If they feel good about themselves, and with others, they will learn.



Feeding:

- Provide well balanced diet. Avoid junk food and high carbohydrate foods.
- Establish pleasant atmosphere at meal times. Avoid conflicts and do not force child to eat.

At this visit, your child received the following vaccines (if not received at 4 years old):

1. DTaP: immunizes against Diphtheria, Tetanus, and Pertussis. This is the last of 5 doses.
2. IPV: immunizes against Polio. This is the last of 4 doses.
3. MMR: immunizes against Measles, Mumps, and Rubella. This is the last of 2 doses.
4. Varicella: immunizes against varicella (chicken pox). This is the last of 2 doses.

Next Visit: in 1 year (age 6 years)