

6/12/2014 5 Year Visit

Suggested Diet/Feeding Reminders

A balanced diet continues to be important. Remember the four food groups (milk, meats, fruits and vegetables, and breads and cereals.)
Become food-conscious on behalf of your child
Offer water first if your child is thirsty
Don't allow eating to become a power struggle
Avoid junk foods and drinks
Use mealtimes to teach table manners
Be flexible in the form of food your child prefers
Let mealtimes be a family social event
Remember to brush your child's teeth twice daily. He/she should see the dentist every six months.

Safety Issues

Store knives and firearms out of reach!
Always wear proper car safety belts. Children should ride in the back seat!
Your child should be closely supervised when outdoors, especially when near a street. Supervise your child when he/she is riding a bike—purchase an approved and correct-fitting bike helmet.
Never leave your child alone around water, not even for a second. Knowing how to "swim" does not make a child water-safe at this age.

Poison-proof your house! Poison control: 1-800-222-1222

Remove potential toxins from reach
Lock up electrical tools, firearms, matches
Don't smoke around your child
Watch out for potential burns! Purchase fire and CO alarms for your home, and teach your child what to do in case of a fire.
Talk to your child about not following strangers, and not accepting touching or conversation they don't like by others.

Enjoy! Your child soon should be able to:

Skip; walk on tiptoes, broad jump
Climb a ladder

Tell a simple story, knows several nursery rhymes
Identify coins, knows several colors
Recognize most letters of the alphabet
Dresses/undresses without supervision
Is imaginative and intensely curious
Begins to understand right from wrong, fair and unfair
Enjoys companionship of other children, plays cooperatively, and shows interest in other children's bodies
Meets challenges of kindergarten class

Discipline

Reprimand privately
Provide appropriate and clearly stated limits, along with an explanation of consequences if rules are broken
Supervise to ensure that rules will be followed
Establish a balance between the child's needs for independence and the need for limits
Use consistent approaches with discipline
Keep in mind that discipline is a form of guiding your child and teaching him/her how to gain self-control, to respect other's rights and to live by society's rules
Praise your child for correct behaviors

School Readiness

Possible indications of school readiness include:
Playing well with other children
Taking turns
Following simple directions
Conforming to simple rules regarding behavior
Dressing self
Ability to separate from home for half day
If there are questions about intellectual or emotional readiness, please ask your school or pediatrician about a formal evaluation.

Immunizations

DaPT#5

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MMR (#2)

IVP#4

Encourage your child to sleep in his/her own bed

Provide opportunities for your child to interact with peers

Recognize that your child can accept and keep an agreement. Praise a job well done.

Promote activities that require your child to “figure things out.” In pretend-play, encourage shifts back and forth from “make believe” to real.

Take exploratory walks, outings to new places, and shopping trips.

Avoid TV, or limit to less than two hours during the day. Watch programs with your child and discuss what you see!

If your child is in school, show interest in his/her daily activities.

Be ready to answer questions regarding sexuality, at the level of your child's understanding. Use correct terms for genitals. Encourage privacy for children when they are dressing, undressing, or bathing.

These big kids still need lots of affection!

Welcome to one of the absolute most enjoyable times of parenthood!

