

Health and Wellness: 5 Years

Development

- Your child is more coordinated and has better balance. He or she can usually get dressed alone (except for tying shoelaces).
- Your child can brush his or her teeth alone. Make sure to check your child's molars. Your child should spit out the toothpaste.
- Your child will push limits you set, but will feel secure within these limits.
- Your child should have had preschool screening with your school district. Your health care provider can help you assess school readiness. Signs your child may be ready for kindergarten include:
 - plays well with other children
 - follows simple directions and rules and waits for his or her turn
 - can be away from home for half a day.
- Encourage writing and drawing. Children at this age can often write their own name and recognize most letters of the alphabet. Provide opportunities for your child to tell simple stories and sing children's songs.
- Read to your child every day for at least 15 minutes. This time should be free of television, texting and other distractions.

Reading helps your child get ready to talk, improves your child's word skills and teaches him or her to listen and learn. The amount of language your child is exposed to in early years has a lot to do with how he or she will develop and succeed.

- The American Academy of Pediatrics recommends limiting your child to 1 hour or less of high-quality programs each day. Watch these programs with your child to help him or her better understand them.

Feeding Tips

- Encourage good eating habits. Lead by example! Do not make "special" separate meals for him or her.
- Offer your child nutritious snacks such as fruits, vegetables, healthy cereals, yogurt, pudding, turkey, peanut butter sandwich, fruit smoothie, or cheese. Avoid foods high in sugar or fat. Cut up any food that could cause choking.
- Let your child help plan and make simple meals. He or she can set and clean up the table, pour cereal or make sandwiches. Always supervise any kitchen activity.
- Make mealtime a pleasant time.
- Restrict pop to rare occasions. Limit juice to 4 to 6 ounces a day.
- Your child needs at least 1,000 mg of calcium and 600 IU of vitamin D each day.
- Milk is an excellent source of calcium and vitamin D.

(over)

Physical Activity

- Your child needs at least 60 minutes of active playtime each day.
- Physical activity helps build strong bones and muscles, lowers your child's risk of certain diseases (such as diabetes), increases flexibility, and increases self-esteem.
- Choose activities your child enjoys: dance, running, walking, swimming, skating, etc.
- Be sure to watch your child during any activity. Or better yet, join in!
- You can find more information on health and wellness for children and teens at healthpoweredkids.org.

Sleep

- Children thrive on routine. Continue a routine which includes bathing, teeth brushing and reading. Avoid active play least 30 minutes before settling down.
- Make sure you have enough light for your child to find his or her way to the bathroom at night.

Safety

- Use an approved car seat or booster seat for the height and weight of your child every time he or she rides in a vehicle.
- Your child should transition to a belt-positioning booster seat when his or her height and weight is above the forward-facing car seat limit. Check the safety label of the car seat. Be sure all other adults and children are buckled as well.
- Be a good role model for your child. Do not talk or text on your cellphone while driving.
- Make sure your child wears a bicycle helmet any time he or she rides a bike.
- Make sure your child wears a helmet and pads any time he or she uses in-line skates or roller skates.
- Practice bus and street safety.
- Practice home fire drills and fire safety.

- Supervise your child at playgrounds. Do not let your child play outside alone. Teach your child what to do if a stranger comes up to him or her. Warn your child never to go with a stranger or accept anything from a stranger. Teach your child to say "NO" and tell an adult he or she trusts.
- Enroll your child in swimming lessons, if appropriate. Teach your child water safety. Make sure your child is always supervised and wears a life jacket whenever around a lake or river.
- Teach your child animal safety.
- Have your child practice his or her name, address, phone number. Teach him or her how to dial 911.
- Keep all guns out of your child's reach. Keep guns and ammunition in different parts of the house.
- Keep all medicines, cleaning supplies and poisons out of your child's reach.
- Call the poison control center (1-800-222-1222) or your health care provider for directions in case your child swallows poison. Have these numbers handy by your telephone or program them into your phone.

Self-esteem

- Provide support, attention and enthusiasm for your child's abilities and achievements.
- Create a schedule of simple chores for your child — cleaning his or her room, helping to set the table, helping to care for a pet, etc. Have a reward system and be flexible but consistent expectations. Do not use food as a reward.

Discipline

- Time outs are still effective discipline. A time out is usually 1 minute for each year of age. If your child needs a time out, set a kitchen timer for 5 minutes. Place your child in a safe, dull place (such as a hallway or corner of a room). Be sure to look for and praise good behavior shortly after the time out is over.

- Always address the behavior. Do not praise or reprimand with general statements like “You are a good girl” or “You are a naughty boy.” Be specific in your description of the behavior.
- Use logical consequences, whenever possible. Try to talk about which behaviors have consequences and talk to your child.
- Choose your battles.
- Use discipline to teach, not punish. Be fair and consistent with discipline.
- **Never shake or hit your child.** If you think you are losing control, make sure your child is safe and take a 10-minute time out. If you are still not calm, call a friend, neighbor or relative to come over and help you. If you have no other options, call your local crisis nursery or First Call for Help at 651-291-0211 or dial 211.

Dental Care

- Teach your child how to brush his or her teeth. Use a soft-bristled toothbrush. You do not need to use toothpaste. Have your child brush his or her teeth every day, preferably before bedtime.
- The first set of molars comes in between ages 5 and 7. Ask the dentist about sealants, coatings applied on the chewing surfaces of the back molars to protect from cavities.
- Make regular dental appointments for cleanings and checkups. (Your child may need fluoride supplements if you have well water.)

Lab Work

Your child may need to have his or her lead levels checked.

- **Lead** – This is a blood test to look for high levels of lead in the blood. Lead is a metal that can get into a child’s body from many things. Evidence shows that lead can be harmful to a child if the level is too high.

Immunizations (Shots) Today

If your child did not receive these shots at age 4, he or she may receive them at this time:

- DTaP (diphtheria, tetanus and acellular pertussis)
- IPV (inactivated poliovirus vaccine)
- MMR (measles, mumps, rubella)
- VAR (varicella)
- influenza.

Talk with your health care provider for information about giving acetaminophen (Tylenol®) before and after your child’s immunizations.

Your Child’s Next Well Checkup

Your child’s next well check-up will be at age 6.

Your child will need these shots between the ages of 4 to 6.

- DTaP (diphtheria, tetanus and acellular pertussis)
- IPV (inactivated poliovirus vaccine)
- MMR (measles, mumps, rubella)
- VAR (varicella)
- influenza.

Talk with your health care provider for information about giving acetaminophen (Tylenol®) before and after your child’s immunizations.