Caring for your 5-year-old child

Name _____ Weight _____ Height _____ Date _____

Keep Your Child Safe

Use a Booster Seat

Use a harness to seat limits, then a belt-positioning booster until the lap and shoulder belt fits correctly, usually at 4 ft 9 in and ages 8-12. Ride in back until age 13.

Prevent Drowning

- Teach your child how to swim.
- Never leave your child alone while taking a bath.
- Learn child cardiopulmonary resuscitation (CPR).

Prevent Burns

- Protect your child from sunburn. Use sunscreen.
- Keep your child away from hot stoves, hot liquids and hot pots.
- Set the water heater thermostat so that the water is not hotter than 120ºF.
- Teach your child what to do in case of fire in the home. Show your child how to dial 911.

Prevent Poisoning

- Lock all poisons (medicines, bug sprays, paints) out of reach and sight of your child.

Prevent Other Injuries

- Teach your child to respect animals and other living things.
- Make sure an adult is always watching your child.
- Make your home child-safe (see our “Child-Proofing Checklist”).
- Make your child wears a helmet when using a tricycle, bike or in-line skates.
- Make sure you have smoke detectors on your ceiling. Test alarms monthly.
- Teach your child about how to be safe - getting to school, playing near a street, riding a bike (or skates or skateboard), and playing in the pool or on the playground. Teach your child how to deal with strangers - on the street, at school and at the front door.
- Never hit or kick your child. Make sure other caregivers (like day care providers, aunts and uncles) don’t either.

Provide Healthy Nutrition

- Offer 3 meals and 2 nutritious snacks per day. Nutritious snacks are low in fat and sugar and high in fiber (like most fruits).
- Offer your child nutritious foods and let your child decide what and how much to eat. You choose the menu; do not let your child dictate it. Avoid soft drinks and switch to low-fat milk.
- Eat healthy foods yourself. Show that mealtime is enjoyable and not rushed. Try to eat together as a family.

Practice Healthy Parenting and Care-giving

Encourage Healthy Development

- Encourage your child socially. Sing together. Enroll your child in pre-school. Limit television and videos to one hour per day. Watch programs together and discuss them.
- Excite your child’s mind. Help your child use words to express feelings. Go to a museum and get your child a library card.
- Help your child be stronger and more coordinated. Take your child to a park or play ground regularly. Be physically active yourself!
- Encourage your child’s self-confidence and self-respect. Give your child responsibility (like a household chore). Never yell at your child. Listen to your child and answer your child’s questions honestly. Spend individual time with your child doing something you both enjoy.
- Teach about sex and private parts. Answer questions about “where babies come from.” Use correct words for genitalia (like “penis” and “labia”).
- Teach the difference between right and wrong; encourage respect for authority.

Encourage Healthy Behaviors

- Praise your child for healthy behavior and accomplishments.
- Encourage self-control. Teach your child how to manage anger and resolve conflict without violence.
- Your child needs structure and limits. Maintain a daily routine and establish consequences for behaviors.
- Avoid screen time with your child by limiting exposure to Cell Phones, Tablets, or Laptops.
- Help the family create a few rules that apply to everyone in the family. Enforce them consistently.

Encourage Self Care

- Teach your child that violence (like hitting, biting and kicking others, or breaking things) is not okay. Help your 5-year-old cooperate with others.

- Your child needs a regular bedtime, usually 7-8 p.m. Help your child sleep through the night in your child's own bed.
- Help your child brush your child's teeth at least twice daily. Use toothpaste with fluoride. Take your child to see a dentist at least once a year. Ask the dentist about dental sealants.
- Discourage your child from regularly sucking your child's thumb or fingers.
- Teach your child that your child's private parts can only be touched with your child's permission. Tell your child to report unwanted touching right away.

Prevent Sickness - Identify and Treat It Early

- Keep your child away from cigarette smoke. Do not smoke in the car or your home.
- Treat the pain of minor injuries with acetaminophen or ibuprofen. Call the clinic right away if your child is coughing a lot or may be dehydrated. A dehydrated child is much less active than usual, or has dry lips and a pasty mouth.

Development

All babies develop at their own rate. At this age you may notice that your baby:

- Skips and Can walk on tiptoes
- Cuts and pastes paper
- Dresses and undresses alone. Buttons clothing
- Draws a person with a head, a body and limbs
- Learns to tie your child's shoes
- Tells a simple story
- Names five colors and counts to ten
- Begins to know right and wrong and fair and unfair; understands that Games have rules

Your child's next visit is when your child is about 6-years-old. Please bring your child's immunization record with you.