Optimum Internal Medicine & Pediatrics
Dr. Christopher Burress
Board certified Internal Medicine and Pediatrics

Caring for your 5-year-old child

Name_____ Weight_____ Height_____ Date_____

Keep Your Child Safe

Use a Booster Seat

Use it properly in the back seat facing forward until your child weighs 60 pounds or your child's head is higher than the back of the seat. Then use the seat belt.

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. Check twice a year to make sure they work.
- 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.

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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.

Encourage Self Care

- Help the family create a few rules that apply to everyone in the family. Enforce them consistently.
- 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.