Well-Child Checkup: 5 Years

CHILD'S NAME	DOB	DATE OF VISIT	NEXT VISIT	LENGTH	PERCENTILE	WEIGHT	PERCENTILE

Reaching Milestones & Activities

At 5 years old, your child may start to:

- Use the toilet on his or her own
- Swing and climb
- Write some letters or numbers
- Tell a simple story using full sentences
- Use future tense; for example, "Grandma will be here."
- Be more likely to agree with rules
- Like singing, dancing and acting

Keeping Track - Immunizations

By 4 to 6 years of age, your child should receive additional vaccines in preparing for school. Make sure to keep track of your child's vaccine records. Some states require children to be vaccinated against certain diseases before starting school.

If you're unsure of your state's school vaccine (i.e., immunization) requirements, you can check with your state's health department, child's school, or child's health care provider.

Sleep

It is recommended that your child gets at least 10 -13 hours of sleep. Create a calm bedtime routine. Turn off screens and remove them from bedrooms at least 1 hour before bedtime.

- 30 - 60 minutes of quiet rest time (naps) might be helpful throughout the day.

Eye Exam

A vision check-up is recommended by age 5 and once a year after.

Dental Care

Help your child brush his or her teeth twice a day in the morning and before bedtime. Use a pea-sized amount of toothpaste with fluoride and don't forget to floss! Your child should visit the dentist at least 2 times a year.

Physical Activity! The Importance of Play

Children at this age learn best by interacting with the world around them. They need to be physically active, such as running, climbing and even swinging on the playground.

Your child should have active play for 1 hour or more per day. Make sure to have time scheduled for your child to use his or her imagination through active play that may include setting up playdates with other kids.

Nutrition

For the most part, your child should be able to feed themselves. Your child should be eating from each of the food groups: grains, vegetables, fruits, dairy and meat.It's important to offer different choices for your child to eat and to set a good example of healthy eating.

Continue to offer a variety of foods even if your child did not like them the first time. Let your child decide which of the foods offered he or she will eat and how much to eat. With some creativity, you can make healthy food fun such as making a rainbow platter of fruits and vegetables or a mini pizza using zucchini.

Looking for inspiration? Check out Avera.org/Balance for a variety of healthy recipes that you can use for your entire family.

Eating Together

Make mealtime, family time. Children learn healthy eating habits best from their parents. When eating together, here are some helpful tips:

- Cook the same meal for the entire family.
- Turn off the TV and put all digital screens away during mealtime.
- Encourage mealtime to be a time to have meaningful discussions without distractions. Talk about the foods being served, how these foods help us stay healthy, and share highlights of the day.

Family mealtimes have been linked to better language development, increased social skills and better school achievement.

Other helpful food tips:

- Set meal and snack schedules and make sure to give your child enough time to eat. Discourage eating between these times.
- Limit candy, sodas and high sugar/fat foods.
- Don't use food as a reward.
- Make grocery shopping fun and encourage your child to pick out healthy food options.
- Have your child eat breakfast.

Preparing for School Success

Help Your Child Practice These Things:

- Count to 20
- Recognize upper and lower case letters of the alphabet
- Write his/her first and last name, using upper and lower case letters
- Recite emergency information like home address, phone number, parents' names
- Identify basic shapes and colors
- Using crayons, markers and scissors
- Drawing a person with 6 parts

Help Your Child Learn and Grow!

Promote Literacy

Read books together. Take your child to the library and let him or her pick out books.

Teaching Responsibility

Your child should be responsible for most of his or her personal hygiene with some adult supervision, such as teeth brushing, using the bathroom and putting clothes on.

Chores

Is making kids do chores easy? Usually not! However, studies have shown that contributing to the family by doing chores can make kids feel needed and capable, improve self-esteem and teach important skills.

Examples of Daily Chores:

- Make his/her bed
- Set the table, clear the table
- Help unload the dishwasher
- Fold some laundry and put it away
- Keep his/her room tidy
- Pick up toys

Examples of Family Chores:

- Helping to unload groceries and put them away
- Pick up sticks in the yard
- Pet chores
- Helping with a home fix-it project
- Raking leaves

Model Positive Behavior

Your child looks up to you and trusted adults. Listen to and treat your child with respect. Insist that others do so as well. Model apologizing and help your child to do so after hurting someone's feelings.

Discipline

Children learn better from discipline than they do from punishment. Using positive discipline strategies will help your child manage his or her behavior while promoting healthy development.

- Tell your child what he or she should do instead of what not to do. Offer choices. Notice and praise correct behavior.
- Make sure rules and limits are clear. When your child breaks a rule, follow through with a consequence. Explain what your child could do differently to avoid a consequence in the future.

Be Active with Your Child – Plan Physical Activities!

Go for a walk, ride a bike or plan a trip hiking outdoors. Being physically active with your child will not only get them more excited for exercise, it will also help build a strong relationship with your child.

Screen Time and Technology Use: 60 Minutes a Day

Limit screen time to 1 hour a day or less. Choose media that is interactive, non-violent and educational. Too much screen time may lead to attention and behavioral problems, language delays, sleep disorders and vision problems.

Additional Tips

- Monitor your children's media. Know what apps are being used or downloaded by testing them out before your child uses them.
- Avoid using media as the only way to calm your children. Although media may be used to soothe children at certain times, such as while eating out at a restaurant or during an airplane flight, using media as a strategy to calm could lead to problems with a child's own ability with limit setting and managing emotions. Ask your child's health care provider for help if needed.

Safety Tips and Helpful Reminders

5 year olds have a fairly good concept of danger. At this age, they should be able to play without your constant supervision. Continue talking about and reinforcing safety concepts such as teaching your child how to call 911 and in what situations.

Emergency Situations
Teach your child their home address, important family phone numbers and parents' names so they are informed in the event of an emergency.

Teach your child about how to be safe with other adults.

- No one should ask for a secret to be kept from parents.
- Explain what a good vs. bad touches are

Car Safety
Continue to use a booster seat in the back seat of the car at all times to ensure the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height. Children younger than 13 years should ride in the back seat.

Outdoor & Home Safety
Require your child to use a helmet and other safety gear when riding bikes, scooters, skateboards, etc. Make sure the helmet fits properly.

- Never leave your child alone in the car, house, or yard.
- Do not permit your child to cross the street alone.
- Keep your child's environment free of smoke. Make sure all smoke alarms are working properly.

The Importance of Water Safety
Drowning is the leading preventable death for children under the age of 5. Never leave your child alone in water. All kids should learn how to swim.

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