



5 & 6 year Check-up

Normal Development Your child may...

- Balance on one foot, hop, and skip
- Be able to tie a knot
- Have mature pencil grasp
- Draw a person with at least 6 body parts
- Print some letters and numbers
- Copy squares and triangles
- Have good articulation, tells a simple story using full sentences, uses appropriate tenses and pronouns
- Count to 10 and name at least 4 colors
- Be able to follow simple directions, listen and attend
- Undress and dress with minimal assistance

Nutrition and Physical Activity

- Breakfast is an important meal. Research shows that eating breakfast helps children learn and behave better at school.
- Help your child learn to choose appropriate foods, including plenty of fruits and vegetables every day. Aim for at least 5 servings of fruits or vegetables every day.
- Try not to use candy or sweets as a reward.
- Make sure your child is getting enough calcium daily. Children ages 4 to 8 need about 2 cups of low-fat milk each day. Low-fat yogurt and cheese are good alternatives to milk.
- Limit juice to 4 to 6 oz per day of 100% fruit juice.
- If your child has a balance diet, there is no need to add vitamins or iron.
- Encourage your child to be physically active for at least 60 minutes total every day. It doesn't have to happen all at once, but can be split up into several periods of activity over the course of the day.
- Find physical activities your family can enjoy and incorporate into their daily lives.
- Limit the amount of time your child watches TV and plays video games or is on the computer (other than for homework) to **no more than 2 hours** altogether each day.
- Remove any TVs and computers from your child's bedroom.
- To minimize your child's exposure to violence and other age-inappropriate material, be aware of the content included in music, video games, and TV programs that your child watches.

School Readiness

- Prepare your child for school. Talk about new opportunities, friends, and activities at school. Tour your child's school with her and meet her teacher.
- Attend back-to-school nights, parent-teacher meetings, and other school functions. These will give you a chance to get to know your child's teacher and become familiar with the school so you can talk more knowledgeably with her about her experiences at school.
- If you enroll your child in an after-school program or hire a caregiver for the after-school period, be sure your child is in a safe environment. Talk with caregivers about their attitudes and behavior about discipline. Do not let them discipline your child by hitting or spanking her.

Family Routines

- Family routines create a sense of safety and security for the child. Assigning regular household chores is good because it engenders a sense of responsibility in the child and helps him feel as though he is an essential part of the family.
- Talk with your partner about important routines you and your partner loved as children. Decide together which of these routines, or new ones, you want for your family. Observe them consistently. Your child will look forward to these special traditions.
- Show affection in your family.
- Listen to and respect your child as well as your partner. Serve as a positive ethical and behavioral role model.
- Teach your child the difference between right and wrong. The goal of discipline is teaching appropriate behavior, not punishment.

- Promote a sense of responsibility in your child by assigning chores and expecting them to be done, including for children with special health care needs.
- For all children, chores should be determined by what is needed and what is appropriate for the child's ability.
- Model anger management by talking about your anger and letting off steam in positive ways.
- Help your child manage anger and resolve conflicts without violence. Do not allow hitting, biting, or other violent behavior.
- Encourage self-discipline and impulse control in your child by modeling these behaviors and by praising his efforts at self-control.

Hygiene

- Be sure that your child brushes his teeth twice a day with a pea-sized amount of fluoridated toothpaste and flosses once a day with your help. Be sure to supervise brushing and flossing. Help him if necessary.

Safety

- Begin to teach your child safe street habits. Teach your child to stop at the curb, and then look to the left, to the right, and back to the left again. Teach your child never to cross the street without a grown-up.
- Children need to learn where to wait for the school bus and should have adult supervision for getting on and off the bus.
- Be sure the vehicle lap and shoulder belt are positioned across the child in the belt-positioning booster seat in the back seat of the vehicle. Your child should use a car seat or a booster seat until the lap belt can be worn low and flat on her upper thighs and the shoulder belt can be worn across her shoulder rather than the face or neck, and she can bend at the knees while sitting against the vehicle seat back (usually between 8 and 12 years old and at about 4'9" tall).
- The back seat is the safest place for all children younger than 13 to ride.
- Be sure your child always wears appropriate safety equipment when biking, skating, skiing, in-line skating, snowboarding, or horseback riding.
- Make sure your child wears a properly fitted, approved helmet every time she rides a bike. Never let your child ride in the street. Your child is too young to ride in the street safely.
- Now is the time to teach your child to swim.
- Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. Even if your child knows how to swim, never let her swim alone. NEVER let your child swim in any fast-moving water.
- Teach your child to never dive into water unless an adult has checked the depth of the water.
- When on any boat, be sure your child is wearing an appropriately fitting, US Coast Guard-approved life jacket.
- Be sure that swimming pools in your community, apartment complex, or home have a 4-sided fence with a self-closing, self-latching gate.
- Continue to put sunscreen (SPF 15 or higher) on your child before she goes outside to play or swim.
- Teach your child that it is never all right for an adult to tell a child to keep secrets from parents, to express interest in private parts, or to ask a child for help with his or her private parts.
- Install smoke alarms on every floor, and change the batteries every 6 months.
- Make an escape plan in case of fire in your home. Your fire department can tell you how. Teach your child what to do when the smoke detector rings. Practice what you and your child would do if you had a fire.
- Keep all matches and lighters out of reach of children.
- Young children simply do not understand how dangerous guns can be, despite your warnings. The best way to keep your child safe from injury or death from guns is to never have a gun in the home. If it is necessary to keep a gun in your home, it should be stored unloaded and locked, with the ammunition locked separately from the gun.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored unloaded and locked, with the ammunition locked separately, before allowing your child to play in the home.

Health Maintenance

- Immunizations- See immunization handout.
- Acetaminophen (Tylenol): Please go to www.vapg.com and click on "Medicine Dosages" for correct dose of tylenol.
- Your child's next check up is in 1 year.