

WELL CHILD CARE **Five year check-up**

Eating:

Your child is still growing about 2 inches a year and 4 to 6 pounds. Even though he eats pretty well, there may be picky times. As he grows and develops more taste, he will begin to like more foods.

Teeth:

Your child should be seen by the dentist every 6 months. He needs to brush and floss his teeth twice a day. How does that smile look? Usually those baby teeth fall out just before picture time.

Moving Around:

Your child loves to be outside playing or indoors on the move. Things he can do include jumping rope, skipping and hopping on alternative feet, and walking backward heel to toe. Your child can even balance on one foot with his eyes closed. He may enjoy going to the skating rink or bowling.

Have you noticed that your child prefers one hand to the other? By now, you can tell if he is right- or left-handed. He can use scissors and pencils/crayons well. Write his name or numbers, so he can copy what you write. His stick figure drawings of people now have 6 to 7 parts including faces. He can totally dress himself by buttoning buttons and tying shoelaces.

Playing:

Your child totally takes care of himself with just a few reminders from you about putting his clothes on and brushing his teeth. He can sit and work on a project for a longer time. When he does something, he is eager to do it right. Some children will spend a lot of time on a project just to be sure it is perfect. He can display really good manners. Let him know you like it when he says "please" and "thank you." These are signs of respect that all family members should use.

He has friends his own age. He is beginning to see that there are different ways to do things. You might hear, "Johnny's mom lets him play soccer in the house." This gives you a chance to explain why you want him to play ball games outside.

Thinking:

Your child is learning to compare how people think about different things. He may notice some people do not like other people. He will want to know how you feel about those people. Along with comparing people, he wants more information about everything. He wants to know how things work and may even take things apart to check them out. Answer his questions honestly. If you do not know the answer, show him where he can find it. You may need to take him to the library or refer him to another adult who might have the answer.

Talking:

Your child's sentences have 6 to 8 words. He knows what things are made of, so he can finish the sentence, "a door is made of _____." There are so many things he can name like different coins, days of the week, months of the year, and 3 to 4 colors. When he draws you a picture, he can tell you the details he sees in the picture. When you look at books, ask him to tell you what is happening and you may find a whole new story you never knew existed!

Family:

School-aged children generally get along well with their parents. Your child likes to be with you whether you are working or playing. Include him in your activities, like shopping, cooking, or going to sporting events. Keep family traditions and routines going. Have at least one family meal together each day. It gives you a chance to talk and catch up on what each of you are doing. This is an important time for children to learn about the most important adults in their lives. All family members need to contribute to the welfare of the household. Have your school-aged child participate in household chores. These can include making his bed, taking out the trash, sorting laundry, and picking up his own toys.

Safety:

Know where your child is at all times. When he is playing at a friend's house, know where the friend lives and what the phone number is. You will probably want to meet the adult in charge at the friend's house. If you don't feel comfortable with the friend, have them play at your house, so you can keep an eye on them.

Guard against drowning. Knowing how to 'swim' does not, in anyway, make a child water safe. You should never leave a bucket or doggy bowl with water where the child can reach. If you have pool – you should have a four-sided fence with a self-latching gate. Nothing can replace constant adult supervision

REMEMBER: Bike and Street Safety

- Wear your helmet every time you ride your bike, rollerblade, skateboard or rollerskate.
- Be sure your bike fits you properly and is in good working condition.
- Know the "Rules of the Road."
 1. Always ride in a safe place, like on a bike trail.
 2. If you must ride in the street, always ride with traffic in the same direction as the cars.
 3. Follow all traffic signals and signs.
 4. Stop and look both directions before going into or crossing the street.
 5. Be aware at all time - pay attention.