

Norman Pediatric Associates Parent Handout 5-6 Year Visit

Profile: The 5 to 6-year-old is imaginative, gets along well with friends his/her own age, and has lots of energy. He/she has the ability to dress and undress himself/herself, understand rules in a game and brushes his/her own teeth. He/she has achieved bowel and bladder control during the daytime, but about 10% of children may still have accidents at night. Your child should know at least four colors, can draw a person with six parts, copy a square and a triangle, and tell full sentence stories. He/she should be able to tie a knot and is able to hop and skip. His/her increased abilities to balance and coordinate movements allow your child to ride a bike with (and without) training wheels, swim, and perform most ball-related skills.

Feeding/Nutrition: Your child continues to need three healthy meals a day. Your child may enjoy helping to choose and prepare the family meals with supervision. Mealtimes should be enjoyable and are a good time for families to talk. Turn off the TV or radio and let your child decide how much to eat. Children watch what their parents eat, so set a good example. No candy, soda, juices, fried foods, or chips except for special occasions. He/she should drink 16 – 20 ounces of skim/fat free milk a day. Your child needs a multivitamin every day.

Toys and Activities: Good toys and activities for this age include: card and board games, puppets, crayons and washable markers, finger painting and painting with brushes. Your child will like to play with clay or play dough, cut with safety scissors and paste, and build structures with blocks. Your child should do some simple chores around the house.

Safety: Learn CPR.

Car: Continue to use a forward-facing safety seat as long as possible. A booster seat can be considered if your child weighs greater than 40 pounds. Your child needs to be in a booster seat until he/she is 4'9". Your child should sit in the backseat of all vehicles. Never leave a child alone in the car, yard, house, or around a pool.

Water: Your child needs to be watched continuously when around water. He/she needs to wear a life vest if boating. Unless your child is a confident swimmer, he/she should also use a life vest for swimming. Enroll your child in swimming lessons. Always use a broad spectrum sunscreen of SPF 30 or higher.

Smoking/Burns: If a member of the family smokes: STOP SMOKING - Ask us for help if you cannot stop smoking. A smoke free environment is important for your child's health. Make your home and car "no smoking zones". Your water heater should be set at less than 120° F. Test your smoke and carbon monoxide detectors frequently and change the batteries. Have a fire escape plan. Keep your child away from the hot stove, hot liquids, fireplace, curling iron, lighters, space heaters, and keep electrical tools locked up and out of reach.

Stranger: Continue to teach your child to not talk to strangers. Your child should be able to memorize his/her address and phone number.

Pedestrian and Bike Safety: Your child should wear a helmet when riding a bike. Teach child pedestrian safety skills and watch all play near streets or driveways. Do not let your child cross the street

alone. Know where your child is at all times. A 5 to 6 year-old is too young to roam the neighborhood alone. Teach your child playground safety.

Poisons: Keep poisons, medications, and toxic household products out of reach and locked up.

Guns: Guns should be kept unloaded and locked up. Ammunition should be locked up separately from the gun.

Teeth/Oral Health: Your child needs to brush his/her teeth with a pea-sized amount of fluoridated toothpaste at least twice a day (after breakfast and before bed). Your child should see a dentist at least every 6 months or as the dentist decides. Help your child start flossing their teeth once a day. Your child may start losing his/her “baby” teeth.

Social skills: Catch your child being good and praise him/her for that behavior. Tell your child how proud you are when he/she does things that help you or others or when sharing. Teach your child to apologize. Time outs can help teach important rules of getting along with others. Be consistent with discipline and reinforce limits. Your child will learn better from discipline rather than punishment. As your child starts school, encourage him/her to talk about friends, school, and activities. Ask your child what he/she likes, any worries he/she may have, and if anyone is being mean. Make sure your child has a safe place to go after school. While your child is branching out and making new friends, his/her family is still the center of his/her world. Encourage your child to be independent to help build his/her self esteem. Teach your child how to deal with anger, and that it’s okay to walk away when angry or go somewhere else to play. Establish a family routine. Limit television to no more than one hour a day of programs suited for your child’s age. Watch the programs with him/her and discuss what took place on the show. No TV in the child’s bedroom. Include reading in your child’s bedtime routine.

Sexuality education: Use correct terms for body parts including the genitalia. Questions about where babies come from should be answered. Reinforce with your child that no one is to see/touch your child’s private parts without permission and in the absence of mom and dad. Also reinforce that no adult is to ask for help with his/her private parts or ask the child to keep secrets from his/her parents.

Immunizations: None for today.

**Oklahoma Poison Control Center:
(405) 271-5454 (OKC area)
1-800-222-1222 (state wide toll free)**

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