5 Year Old Well Child Care

PHYSICAL DEVELOPMENT:

A 5 year old can skip with alternating feet and can jump over obstacles. The child can balance on one foot for at least five seconds and play hopscotch.

EMOTIONAL DEVELOPMENT:

The 5 year old is able to distinguish fantasy from reality, but still engages in pretend play.

SOCIAL DEVELOPMENT:

- Your child should enjoy playing with friends and wants to be like others. A 5 year old enjoys singing, dancing, and play acting. A 5 year old can follow rules and play competitive games.
- Consider enrolling your child in a preschool or head start program, if they are not in kindergarten yet.
- Sexual curiosity and masturbation are common. Encourage children to masturbate in private.

MENTAL DEVELOPMENT:

The 5 year old can copy a square and a triangle. The child can usually draw a cross, as well as a picture of a person with at least three parts. They can state their first and last names and can print their first name. They are able to retell a story.

IMMUNIZATIONS:

If they were not received at the 4 year well child check, your child should have the 5th DTaP (diphtheria, tetanus, and pertussis-whooping cough) injection, the 4th dose of the inactivated polio virus (IPV) and the 2nd MMR-V (measles, mumps, rubella, and varicella or “chicken pox”) injection. Annual influenza or “flu” vaccination should be considered during flu season.

Medication may be given prior to the visit, in the office, or as soon as you return home to help reduce the possibility of fever and discomfort with the DTaP injection. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

TESTING:

Hearing and vision should be tested. The child may be screened for anemia, lead poisoning, and tuberculosis, depending upon risk factors. You should discuss the needs and reasons with your caregiver.

NUTRITION AND ORAL HEALTH

- Encourage low fat milk and dairy products.
- Limit fruit juice to 4-6 ounces per day of a vitamin C containing juice.
- Avoid high fat, high salt and high sugar choices.
- Encourage children to participate in meal preparation. Six year olds like to help out in the kitchen.
- Try to make time to eat together as a family, and encourage conversation at mealtime to create a more social experience.
- Model good nutritional choices and limit fast food choices.
- Continue to monitor your child's tooth brushing and encourage regular flossing.
- Schedule a regular dental examination for your child.

ELIMINATION

Night time bedwetting may still be normal. Do not punish your child for bedwetting.

SLEEP

- The child should sleep in their own bed. Reading before bedtime provides both a social bonding experience

as well as a way to calm your child before bedtime.
- Nightmares and night terrors are common at this age. You should discuss these with your caregiver.
- Sleep disturbances may be related to family stress and should be discussed with your physician if they become frequent.

PARENTING TIPS

- Try to balance the child's need for independence and the enforcement of social rules.
- Recognize the child's desire for privacy in changing clothes and using the bathroom.
- Encourage social activities outside the home in play and regular physical activity.
- The child should be given some chores to do around the house.
- Allow the child to make choices and try to minimize telling the child “no” to everything.
- Be consistent and fair in discipline, providing clear boundaries. You should try to be mindful to correct or discipline your child in private. Positive behaviors should be praised.
- **Limit television time to 1-2 hours per day!** Children who watch excessive television are more likely to become overweight.

SAFETY

- Provide a tobacco-free and drug-free environment for your child.
- Always put a helmet on your child when they are riding a bicycle or tricycle.
- Always enclose pools in fences with self-latching gates. Enroll your child in swimming lessons.
- Restrain your child in a booster seat in the back seat. Never place a child in the front seat with air bags.
- **Equip your home with smoke detectors!**
- Keep home water heater set at 120° F (49° C).
- Discuss fire escape plans with your child should a fire happen.
- Avoid purchasing motorized vehicles for your children.
- Keep medications and poisons capped and out of reach.
- If firearms are kept in the home, both guns and ammunition should be locked separately.
- Be careful with hot liquids and sharp or heavy objects in the kitchen.
- Street and water safety should be discussed with your children. Use close adult supervision at all times when a child is playing near a street or body of water.
- Discuss not going with strangers or accepting gifts/candies from strangers. Encourage the child to tell you if someone touches them in an inappropriate way or place.
- Warn your child about walking up to unfamiliar dogs, especially when the dogs are eating.
- Make sure that your child is wearing sunscreen which protects against UV-A and UV-B and is at least sun protection factor of 15 (SPF-15) or higher when out in the sun to minimize early sun burning. This can lead to more serious skin trouble later in life.
- Your child can be instructed on how to dial 911 in case of an emergency.
- Teach children their names, addresses, and phone numbers.
- **Know the number to poison control in your area and keep it by the phone.**
- Consider how you can provide consent for emergency treatment if you are unavailable. You may want to discuss options with your caregiver.

WHAT'S NEXT?

Your next visit should be when your child is 6 years old.

Document Released: 01/07/2008 Document Re-Released: 03/16/2010
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