

# 5 YEAR VISIT

---

## Eating and a healthy weight

- Encourage healthy eating habits and model healthy eating behavior
- Give foods and snacks low in saturated fat and whole grains that are low in carbohydrate content
- Trust your child to self regulate, but pay attention to portion sizes – if they are growing along their curve, do not use sugary foods as a reward or force meals
- Limit junk food and fast food
- Avoid sugary drinks and snacks with added sugar
- Offer water if thirsty
- Make meals a family time
- Let all your children know that you love them whatever their size - Remind your child that people come in different shapes and sizes.
- Limit screen time to 1 to 2 hours a day.
  - Research shows that the more screen time a child gets, the higher the chance that he or she will be overweight.
  - Do not put a TV in your child's bedroom, and do not use TV and videos as a babysitter.

## Healthy habits

- Encourage physical activity for at least 30 to 60 minutes every day.
- Plan family activities, such as trips to the park, walks, bike rides, swimming, and gardening.
- Help your child brush his or her teeth 2 times a day and floss one time a day.
- Take your child to the dentist 2 times a year.
- Monitor TV and online content.
- Put a broad-spectrum sunscreen (SPF 30 or higher) on your child before he or she goes outside and use sun protective clothing/hats
- Put your child to bed on a routine schedule, so he or she gets enough sleep.

## Safety

- Use a belt-positioning booster seat in the car if your child weighs more than 45 pounds, if not, stick with a 5 point harness and car seat or high back booster - Be sure the car's lap and shoulder belt are positioned across the child in the back seat.
- Know your state's laws for child safety seats.
- Make sure your child wears a helmet that fits properly when he or she rides a bike or scooter. Keep the number for Poison Control (1-800-222-1222) near your phone.
- Watch your child at all times near play equipment and stairs.
- Watch your child at all times when he or she is near water, including pools, hot tubs, and bathtubs - Knowing how to swim does not make your child safe from drowning.
- Do not let your child play in or near the street unsupervised.

## Parenting

- Read to your child every day - One way children learn to read is by hearing the same story over and over.



Chesapeake  
Pediatrics

**\*Next Visit: 6 years old for well child visit**

## 5 YEAR VISIT

---

- Play games, talk, and sing to your child every day.
- Give your child simple chores to do - Children usually like to help.
- Teach your child your home address, phone number, and how to call 911.
- Teach your child not to let anyone touch his or her private parts.
- Teach your child not to take anything from strangers and not to go with strangers.
- Praise good behavior and avoid stern discipline - use limitation of privileges instead.

### Understand your child's development

- Set up playdates with peers
- Your child may like to tell stories and will be interested in relationships between people.
- Most 5-year-olds know the names of things in the house, such as appliances, and for what they are used.
- Your child may dress him or herself without help and probably likes to play make-believe.
- They are likely to copy shapes like triangles and squares and count on fingers.

### Getting ready for kindergarten

- Most children start kindergarten between 4½ and 6 years old.
- Most children are ready for kindergarten if they can do these things:
  - Your child can keep hands to himself or herself while in line
  - Sit and pay attention for at least 5 minutes
  - Sit quietly while listening to a story
  - Help with clean-up activities, such as putting away toys
  - Use words for frustration rather than acting out
  - Work and play with other children in small groups
  - Do what the teacher asks
  - Get dressed and use the bathroom without help.
- Your child can stand and hop on one foot, throw and catch balls, hold a pencil correctly, cut with scissors and copy or trace a line and circle.
- Your child may spell and write his or her first name, do two-step directions, like "do this and then do that"
- Practice singing songs and counting from 1 to 5
- Explain the difference between two objects, such as one is large and one is small, and explain what "first" and "last" mean.

### Immunizations

- Flu immunization is recommended once a year for all children ages 6 months and older.
- MMR/Varicella and DTaP/IPV are required before entry into Kindergarten.

***\*Next Visit: 6 years old for well child visit***