

your child @[™]

5 years

highlights of what's happening at this stage of your child's development ...

5 is a big year! It brings the start of kindergarten, new friends, new skills, and independence.

Your child's health

The Well Visit Take your child to the doctor for a check-up when he turns 5. Ask your doctor about shots that your child will need before school starts. And catch up on any missed vaccinations. Your doctor may also test your child's hearing and sight.

Nutrition The start of school means that your child will eat at least 1 meal per day outside of your home. To get her ready:

- Talk about and model good eating habits. Explain that it is OK to eat a treat, but only after eating healthy foods.
- Make sure that she knows about any food allergies that she has, and that she knows to tell others about them.

Sleep Fighting going to or staying asleep? Try this:

- What is the reason? Does your child need attention? Is he scared of something? Talk with him to understand the problem. Then make changes such as changing the bedtime or turning on a night-light.
- Add choices into his bedtime routine. For example, let him pick the book to read.
- Keep the same bedtime rules each night. Don't give in to his requests or demands.

Nurturing your child

Behavior *Handling Back Talk, Lies, and Acting Out*
Ideas to help you guide your child's new independence:

- Respect your child and praise good behavior.
- Pick your battles. Try to let the little things go.
- Avoid situations that might cause your child to act out, such as taking her shopping when she is tired.

Made possible through the generous support of the **A.L. Mailman Family Foundation.**



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Nurturing your child, continued

Behavior, continued *Talking Back or Tantrums*

These can be a sign of anger, frustration, or fear. Here's what to do:

- Stay cool. Speak quietly and calmly. Do not yell.
- Offer support. Tell him you see that something is bothering him. But also tell him that he cannot act that way.
- Have rules. Teach him that when he yells, you will ignore him or walk away. Tell him that if he speaks nicely, you will listen.



Preparing for Kindergarten

Going to kindergarten is a big deal. Before he goes, help him understand what to expect:

- Talk about what he will do during the day, how many kids will be in his class, what his teacher's name is.
- Take your child through his new routine. Drive or walk to school and back. Walk through the school. Show him his classroom and the bathroom.
- Be supportive. Listen to your child's concerns. Answer questions. Read books about starting school. And be patient if he has a rough start.
- Keep it calm at home. Stick to your regular routines. Be sure he is eating and sleeping well.

Your child's safety

Strangers Teach your child to be careful around strangers. Tell her that she should always walk away from a stranger who:

- Asks her for help or to take her picture.
- Tells her that there is a family emergency.
- Calls her by name even though she doesn't know him.

In the Car All children whose weight or height is above the forward-facing limit for their car seat should use a Belt-Positioning Booster Seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.