

# DUNWOODY PEDIATRICS

## CHILD CARE FROM AGE 5 TO 6 YEARS

Date: \_\_\_\_\_

Height: \_\_\_\_\_ Percentile: \_\_\_\_\_ Weight: \_\_\_\_\_ Percentile: \_\_\_\_\_

Immunizations received today: Dtap \_\_\_\_\_ Polio \_\_\_\_\_ MMR \_\_\_\_\_ Prevnar \_\_\_\_\_

Hepatitis A \_\_\_\_\_ Hepatitis B \_\_\_\_\_ Hib \_\_\_\_\_ Varicella \_\_\_\_\_

### NUTRITION

◆ **Milk/Dairy Products:** 2-3 servings per day (6-8 oz. per serving). Offer 1% or skim milk.

Other sources of calcium include yogurt, cottage cheese, pudding, ice cream or frozen yogurt. 1 oz of cheese is equivalent to 6 oz. milk. Calcium requirement for this age is 800 mg.

◆ **Meat/Protein:** 2-3 servings of meat, poultry, fish, eggs, beans or nuts per day. A serving size is 2-3 ounces, (5 Tbsp), or ½ c dried beans.

◆ **Fruits/Vegetables:** 5-7 servings per day, a serving size being ½ cup or 3 Tbsp.

◆ **Breads/Cereals:** 6 servings per day, a serving size being 1 slice bread, 1/2 cup cereal, or ½ cup pasta or rice.

- Don't encourage eating meals while watching television. Try to make mealtime a family time whenever possible.
- Don't make a fuss when your child refuses to eat because the extra attention only encourages the behavior you are trying to correct.
- Limit refined sugar and salt intake: some healthy snack suggestions include: yogurt (low-fat or non-fat), string cheese (part skim milk), dry cereal (whole grain, low in sugar), mini-bagels (with low fat cream cheese), raisins, graham crackers, vanilla wafers, animal crackers, pretzels, fresh fruit, popcorn (without butter), carrots & celery sticks with lowfat yogurt or dressing.

### DENTAL HEALTH

Your child still needs assistance with brushing and with flossing. Use a non-fluorinated toothpaste until child is spitting toothpaste out regularly. Continue 6 month dental visits for checkups and cleaning. Children typically start losing their primary teeth over the next few years.

### SLEEP

Normal requirements for this age is 8 - 10 hours.

### DEVELOPMENT/PLAY

Children this age enjoy being outside and having space to run, jump, ride, and use their imaginations. They also like craft and artistic materials and may enjoy simple board games. They request friends to come and play and do not require as much supervision for arguments. They like to dress themselves including mastering tying their shoes. Your child's vocabulary has expanded. He/she should be able to use 6 to 8 word sentences, and follow 2 - 3 commands when given in succession. Encourage him/her to read for pleasure. Read together. Toward the end of this year your child will probably recognize letters, maybe words, and may even start some simple reading. Acknowledge progress and let him/her enjoy his/her level of "reading". This is a good age to encourage your child to begin assuming responsibility for simple household chores such as making his/her bed, setting the table, or cleaning up play areas. Limit TV to 1 hour a day and do not offer it in his/her bedroom.

## **DISCIPLINE**

Often the natural or logical outcome of an act provides enough reinforcement for your child. When this is not sufficient, your positive reinforcement will provide the direction your child needs. Don't reward misbehavior with increased attention or by giving in. It is essential to deal with misbehavior promptly and fairly, not waiting so long that your child forgets why he/she is being disciplined. Set limits and choose your battles wisely. Encourage your child to express his/her emotions by using words rather than through aggressive actions. Incentive charts with stickers can be useful in positively modifying behavior.

## **SAFETY**

- Bicycle safety must be ongoing; wear an approved helmet, have an appropriate sized bike, and begin to learn traffic rules.
- Teach street safety. Show your child the curb and instruct him/her to never cross the street without a grown up.
- Seat belts are designed to fit adults. Children this age should still be sitting in a booster seat until they reach 8 years and 57 inches in height. The safest place for your child to sit is in the backseat until age 12.
- Establish rules prohibiting the use of matches, firecrackers, guns and lighters, and unsupervised use of the stove. If firearms are stored in the home, make sure they are locked up with the key in a separate location and never store them loaded.
- Teach your child his/her full name, address, phone number, 911 and when to use it.
- Review with him/her who the appropriate people to ask for help, (if he/she is injured, lost or afraid), and review stranger safety instructions.
- Use sunblock daily.

*Your child's next well visit should be at 6 years of age.*

## **Additional Resources for Parents**

Your Five Year Old, Ames and Ilg (1981)

Caring for Your School Age Child: Ages 5 -12, AAP (2004)

1/24/06