

5 Years

Developmental Milestones

Gross Motor

- Balances well on each foot for 3-6 seconds
- Hops well
- Can begin to walk heel-to-toe

Language

- Understands opposites
- Can define seven words
- Knows his age

Fine Motor-Adaptive

- Draws a person with at least six body parts
- Copies a square well
- Can cut and paste
- Can copy a triangle well

Personal-Social

- Can tell a simple story
- Can dress without supervision
- Knows his phone number, address, and several nursery rhymes or songs
- Understands right and wrong well
- Understands rules
- Participates in make-believe games

Anticipatory Guidance

Safety

- ◆ Always place your child in an appropriate booster seat, and make sure he is restrained properly. Remember that booster seats should never be placed in the front seat or near an airbag as this can cause serious injury or even death.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Always maintain a smoke-free environment around your children.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ When your child will be outside, sunscreen should be used and should be SPF 30 or higher.
- ◆ Any weapons need to be unloaded and locked where children cannot access them.
- ◆ Never leave windows open without a window guard.
- ◆ If you have a pool, make sure you have a pool fence on all four sides with a self-locking latch that is out-of-reach to the child.
- ◆ Continue talking to your children about strangers.
- ◆ If your child is riding a bike, always make sure he is wearing a safety helmet.
- ◆ Talk to your child about weapons, poisons, and fire safety. Begin teaching him how to dial 911.

My Child's Growth

Height: _____ %

Weight: _____ %

BMI: _____ %



5 Years

Anticipatory Guidance

Your Child's Care

- ◆ Continue reading stories. Your child will begin to read the story with you.
- ◆ Your child should continue to have 2-3 servings of dairy per day.
- ◆ Your child should be brushing his own teeth well at this point.
- ◆ Eating meals as a family is important. This is a good time to talk with your child about his day.
- ◆ Remember to choose healthy meals and snacks for your child.
- ◆ Time-out continues to be a useful form of discipline as well at this age. Remember one minute for every year of age.
- ◆ Withholding privileges for bad behavior works well for discipline.
- ◆ Continue to set and enforce rules with your child.
- ◆ Be assertive with limits or your child will continue to see what he can get away with.
- ◆ Nightmares may continue at this age. Comfort your child and then tuck him back into his bed.
- ◆ Your child should be toilet trained during the day. Many children are toilet trained at night as well. Accidents are still common and should not be punished. Have your child help with the laundry and continue with positive reinforcement for dry nights.
- ◆ Continue to teach your child about sharing.
- ◆ Continue with yearly or twice yearly visits to the dentist.
- ◆ Your child should have scheduled chores that he takes care of each day. This encourages independence.