



Pediatric Development – 5 Years

Date: _____

_____’s growth record

Weight: _____ pounds

Length: _____ inches

DEVELOPMENT

At this age, your child may:

- Skip, walk on tiptoes and broad jump
- Tie shoes
- Spread with knife
- Name four or five colors
- Identify coins
- Print first name
- Ask the meaning of words
- Dress and undress without supervision
- Copy a triangle from an illustration
- Draw a person with a head, body, arms and legs
- Begin to understand right and wrong, fair and unfair
- Know the difference between male and female
- Play competitive games, abide by rules
- Want to help in household tasks.

PERSONAL AND SOCIAL SKILLS

- Discuss feelings with your child and hug and cuddle him or her often
- Let your child help you prepare food
- Make time each day to talk with your child, listen to your child and let him or her know you have understood
- Discuss winning and losing with your child before events that have winners and losers and praise your child whenever he or she handles winning or losing well
- Instead of pointing out what your child does wrong, take a positive approach and point out things your child does right such as having patience, sharing, trying new tasks and being thoughtful.

SCHOOL READINESS

Development varies greatly from one child to another. These are some indications of school readiness:

- Plays well with other children
- Takes turns
- Follows simple directions

- Conforms to simple rules regarding behavior
- Dresses himself or herself
- Has ability to separate from home.

SEX EDUCATION

Your child at this age will have sexual curiosities. Parents need to answer questions at the child's level and not answer more than what the child actually asks.

- Use correct terms for genitals.
- Avoid accusations of "dirtiness"
- Understand that the child's sexual curiosity and explorations are normal.

TEETH

Your child should brush his or her teeth on a regular basis and should see a dentist once every six months.

IMMUNIZATIONS

Your child may require immunizations at this visit before entering school. You may discuss the remaining immunization schedule with your child's doctor.

SAFETY

As always, safety remains very important. Please remember to:

- Lock up electrical tools, firearms, matches and poisons
- Not allow your child to ride a tricycle or bicycle in the street and enforce the use of a helmet
- Use car seat belts at all times
- Watch your child without interruption while in or near the water; teach your child to swim
- Have your child memorize his or her name, address and telephone number
- Warn your child not to go with or accept anything from strangers
- Teach your child what to do in case of a fire in the home.

SOURCE: American Academy of Pediatrics