

**5YRS**  
PEDIATRIC  
CARE ADVISOR



**Well Child Care**  
*Age 5*



Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.

# Nutrition

Avoid battles over eating. Parents never win these battles because you cannot make your child eat. You do have control over what your child eats, however. Offer healthy food at meals and snack time. Limit sugar and fat. Children this age should have no more than 16 ounces of milk/day. Juice and all sweetened beverages should be limited to 4 ounces/day.

It is important to remember that tastes change as a child ages and children often refuse a new food several times before trying it. Keep introducing new things.

Limit TV, computer and video games to 1 hour per day. Encourage your child to be active and play outdoors.

Studies suggest that a lack of sleep contributes to childhood obesity. Children this age need 10 or more hours of sleep.

# Development & Behavior

Your child should know and recognize some letters and numbers. Some children can read simple words and most can print their first name. Most children of this age can sit still and listen to a story or work on a project. Children at this age are able to take care of their toilet needs and get dressed with minimal help. Your child's speech should be very clear and easy to understand.

Five-year olds can sometimes be clingy, and may have difficulty separating from parents at day care or a friend's house, even if they have experienced this before. This will pass.

Children become aware of sexuality at this age. They may play with their genitals and this is normal. Parents can teach children of this age what is acceptable behavior in public.

Behavioral issues can be a challenge at this age. Your child needs boundaries and consistent parenting. When your child misbehaves or does something hurtful, put him in a time out for about five minutes. When the time is up, tell your child how you would like him/her to behave. We don't recommend spanking, as this sends confusing messages about hitting. As a parent you can model good ways of dealing with anger and frustration. Praise good behavior!

# Teeth

Brush teeth twice daily with a pea-sized amount of toothpaste and floss at least once a day. Schedule a dental exam every 6 months.

## *About this guide*

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

# Safety

- Your child should always sit in the back seat of your vehicle.
- Use a booster seat until your child is over 4 feet 9 inches tall.
- Make sure that the seat belt is properly fastened and the booster seat is securely tied down.
- Never leave your child alone in the car.
- Do not leave your child unsupervised near water; An adult should always be present.
- Use gates or fences around pool areas.
- Use sunblock with an SPF of 15 or higher and avoid spending time outdoors between 11 a.m. and 1 p.m.
- Your child should always wear a helmet when riding a bike or scooter.
- Teach your child how to cross the street safely.
- Discuss the importance of never talking to or going with strangers. Establish a code word that a person must say if they are sent by mom or dad to pick a child up. If the person does not say the word, your child should not go with them.
- Keep all medication and cleaning fluids locked in cabinets or areas out of reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).

# Immunizations

Your child should have received booster vaccines at age 4. If these vaccines were not given at the 4 year old visit, they can be given at age 5. It is recommended that all children get a flu vaccine every fall. If this is your child's first flu vaccine, an additional vaccine will be required in 1 month.

You can find more information on vaccinations online at: [http://www.facey.com/ped/child\\_care.php](http://www.facey.com/ped/child_care.php)

# The Next Visit

Your child's next appointment will be at 6 years of age.

live healthy  
enjoy life