

# your child @<sup>TM</sup>

## 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.

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Sources: *Your Baby's First Year* and *Caring for Your Baby and Young Child*, American Academy of Pediatrics, Steven P. Shelov, MD, FAAP, editor in chief; *Understanding Children*, Civitas and Richard Saul Wurman; *KidBasics*, Civitas; *Healthy Sleep, Happy Child*, Marc Weissbluth, MD.

Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support.

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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** Your child should ride in his booster seat until the adult seat belt fits, usually between ages 8 and 12 and about 4'9" tall.

Born Learning<sup>SM</sup> is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, Born Learning educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at [www.bornlearning.org](http://www.bornlearning.org).

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