

# Wellness Guide at 5 Years Old

Helpful tips to support your child's development at this stage of life.



## Development

- **Independence:** Encourage your child's independence, such as dressing and undressing by themselves, going potty on their own and helping with simple household chores.
- **Activities:** Enjoy active and outdoor play together time so they can show you how they balance on one foot, hop, and maybe even skip. Have fun together with coloring, painting, building, singing, dancing, playing games, and reading.
- **Private Parts:** Also be ready to discuss "private parts", in an age appropriate way, as your child is very likely to be looking, touching, and asking about

theirs. Let your child know that no one should ask to see/touch their private parts, and no adult should ask for help with their private parts. Teach them to tell a trusted adult if someone asks them to disobey their parents, do something without permission, keep a secret, or makes them feel uncomfortable in any way. Visit the [AAP](#) for information on normal behaviors and tips for talking to your child about private parts.

- **Interactions:** Face-to-face interaction with caregivers will enhance your child's social and verbal development.

## School Readiness



Your child may be ready for kindergarten. Consider contacting your local school for resources/information about starting kindergarten. Talking about and visiting the school can help prepare them and provide reassurance.



Show interest and try to be involved in your child's studies/school/class. Accepting their feelings, such as excitement and stress, lets them feel supported. Having simple family routines can help provide security and predictability during these new changes and transitions.



Your child's language skills and social readiness are most important in determining school readiness. Language skills include speaking clearly, telling simple stories, and using appropriate tenses/pronouns. Other skills at this age include a mature pencil grasp, ability to draw a 6 part person, printing some letters/numbers, copying a circle/cross/simple shapes, and counting to 10 or more.



You can also help your child learn their full name, address, and phone number now that they will be away from home.

ACADEMIC CONCERN RESOURCES

## Safety

- Continue wearing helmets for bikes/trikes/scooters/skates/skis.
- Discuss and model street safety, animal safety, and safety around strangers.
- Consider swim lessons and supervise children closely around water. Learn more about [drowning prevention](#).
- Keep cleaners, vitamins, and medicines out of reach or locked away.
- Use sunscreen (SPF 30 or higher).
- Your child is safest in the back seat of the car, in the car seat (if they still fit) or a booster seat.
- Never leave your child alone in the car or at home.
- Verify that smoke alarms are working properly and avoid smoke exposure.
- Remove/lock up guns. Children should learn that if they see a gun they should: Stop - Never touch it - Leave the area - Tell an adult immediately.
- Lock away cigarettes, lighters, alcohol, marijuana, and vaping devices.

### IMPORTANT RESOURCES

POISON CONTROL: (800) 222-1222

SUICIDE & CRISIS LIFELINE: 988

WA MENTAL HEALTH REFERRAL LINE:  
(833) 303-5437

## Health

- Try to eat family meals together at home, and offer a variety of healthy foods the family eats, including one your child likes. They have a better chance to eat in a healthy way if you eat healthy foods too. Limit juice. Avoid sugar sweetened beverages and snacks.
- Give Vitamin D (400 to 600 IU/day).
- Use toothpaste with fluoride. Floss. Make a dentist appointment.
- Encourage daily physical activity for the whole family. We recommend 60 minutes of exercise every day.

### HEALTH RESOURCES

CHILDREN & NUTRITION

CONSTIPATION

COMMON ILLNESS SUPPORT

CHRONIC CONDITION RESOURCES

## Digital Media Plan & Safety

- Limit screen time to 1 hour a day of high-quality programs. Bedtime and mealtime should be electronic-free zones.
- Do not allow screens in children's bedrooms
- Visit the AAP website to create a [Family Media Plan](#).
- Review with your child that it is never OK to give personal information online unless they have parental approval.
- Consider a break from screen time if your child struggles to transition off of screens.

### THE 5 Cs OF MEDIA USE

## Overseas Travel

If your family will be traveling internationally, schedule a virtual eTravel consultation at least 4–6 weeks before departure to review travel health recommendations, vaccines, and medications.

### TRAVEL CONSULTATION

## Temperament

Less than half of kids have flexible personalities with the ability to adapt more easily to new or frustrating situations. Some can be slow-to-warm up or quite cautious in unfamiliar situations. Some might show anxiety, physical distress, or even withdraw when confronted with uncomfortable or new situations. Caregivers of intense children can become overwhelmed and stressed.

Try not to blame your child or anyone else for their temperament/personality - it is who they are. Modifying your approach and support for an intense child is not giving in. Be patient and try to find healthy ways to respond instead of just reacting. Help your child feel loved, understood, and develop confidence.

## Family Well-being

Your child is becoming more interested in their friends and may want to be like them and please them. At home, they may be testing their independence by talking back or using "bad" words. Take a moment to think about the behavior. What might have triggered it? What feelings may be at the root of the behavior? If you listen to and respect your child, you are helping to model appropriate behavior.

You can clearly state rules and expectations (try to be firm, not angry) while also letting them know you understand and accept their feelings. Help provide appropriate words or actions that will let them express themselves.

### ADDITIONAL RESOURCES

DOSING TABLES [↗](#)

SCHOOL & CAMP FORMS [↗](#)

PATIENT EDUCATION [↗](#)