

# **FIVE YEAR OLD CHECK-UP**

Your child is growing up, and is now getting ready for kindergarten.

## **DEVELOPMENT**

Your child is becoming even more independent. By now he can dress and undress without supervision. Buttons and zippers in the front can be closed without much assistance. Some children can even tie shoe laces, although the prevalence of velcro fasteners makes laces unfamiliar objects for many children. He/She can skip, hop on one foot, broad jump and throw a ball overhand. Washing and drying hands are done without difficulty, and the child should be brushing his own teeth with your guidance. Flossing teeth is a good idea. A 5 year old can state his age and should know his telephone number. He can draw a picture with a head, body, arms and legs. Many children engage in dramatic make-believe and dressing up play in which each child assumes a specific role (example: mommy, baby). He should be able to count to 10, recognize 5 colors, and hold a crayon/pencil in a mature fashion (rather than a fist). Frequently children are doing better at coloring between the lines and may even know how to write their name.

## **SAFETY**

Electrical tools, firearms, matches and poisons should be out of reach and locked up. Children of this age should be taught to swim, but still, never leave them in water unattended for even a few seconds. He should know what to do in case of a fire in the home, and should know his or her name, address and telephone number. The child should be taught not to go with or accept anything from strangers and to feel free to say "no" to them. Shirts with the child's name in big letters are discouraged, as a child may be less wary around a stranger who calls him by name.

## **SCHOOL READINESS**

Your child may well be ready to start school now. Characteristics which may indicate readiness include, playing well with other children, able to take turns, able to follow directions, obey rules regarding behavior, feeding and dressing himself (except tying shoes), and to separate without much fuss for a half a day. Most school systems around here have screening sessions to identify children who may not be ready. Some children born in the last three months of the year may do better waiting to start kindergarten until the next year. If you have questions, we will be glad to discuss them.

## **HEALTH CONCERN**

If your child has not yet received the DTAP/IPV or MMR boosters, they will be given today. These are the last immunizations your child will need for a long time. Every 10 years hereafter your child should receive a DT (Diphtheria and Tetanus) booster. However, after 5 years a child should receive a tetanus prone injury (burn, dirty wound, crushing injury) should receive a tetanus booster. If this is necessary, be sure the child receives a DT, so he can also maintain adequate Diphtheria coverage and not need another shot for that in a few years. Prior to school your child will also receive a Tine test for Tuberculosis and have a hemoglobin (blood test) performed to check for anemia.

Continue good oral hygiene and regular dental check-ups.