



## Forms:

Complete and print them for your upcoming appointment:  
[Tuberculosis Screening](#)

## Vaccines:

We recommend the following vaccines:

None

## Tests Recommended:

We recommend the following tests at this age:

[Hearing Screen](#)  
[Vision Screen](#)

## 5 YEARS OLD

### FAQ

*I am worried about my child's adjustment to kindergarten. Is there anything I can do to help prepare him?*

Talk about new opportunities, friends, and activities at school. Tour your child's school with him and meet his teacher. Attend back-to-school nights, parent-teacher meetings, and other school functions. These will give you a chance to get to know your child's teacher and become familiar with the school so you can talk more knowledgeably with his about her experiences at school.

*I am concerned about my child's diet. What can I do to improve it?*

Breakfast is an important meal. Research shows that eating breakfast helps children learn and behave better at school. Help your child learn to choose appropriate foods, including plenty of fruits and vegetables every day. Aim for at least 5 servings of fruits or vegetables every day by including them in most of your meals and snacks. Limit high-fat and low-nutrient foods and drinks, such as candy, salty snacks, fast foods, and soda. Make sure your child is getting enough calcium daily. Children ages 4 to 8 need about 2 cups of low-fat milk each day. Low-fat yogurt and cheese are good alternatives to milk. Limit juice to 4 to 6 oz per day of 100% fruit juice. Do not serve fruit drinks.

## Age Appropriate Information

### Behavior/Development:

- Family routines create a sense of safety and security for the child. Assigning regular household chores is good because it engenders a sense of responsibility in the child and helps him feel as though he is an essential part of the family. Promote a sense of responsibility in your child by assigning chores and expecting them to be done, including for children with special health care needs. For all children, chores should be determined by what is needed and what is appropriate for the child's ability.
- Talk with your partner about important routines you and your partner loved as children. Decide together which of these routines, or new ones, you want for your family. Observe them consistently. Your child will look forward to these special traditions.
- Help your child manage anger and resolve conflicts without violence. Do not allow hitting, biting, or other violent behavior.

**Safety:**

- Begin to teach your child safe street habits. Teach your child to stop at the curb, and then look to the left, to the right, and back to the left again. Teach your child never to cross the street without a grown-up.
- Children need to learn where to wait for the school bus and should have adult supervision for getting on and off the bus.
- Be sure the vehicle lap and shoulder belt are positioned across the child in the belt-positioning booster seat in the back seat of the vehicle. Your child should use a car safety seat or a booster seat until the lap belt can be worn low and flat on her upper thighs and the shoulder belt can be worn across her shoulder rather than the face or neck, and she can bend at the knees while sitting against the vehicle seat back (usually between 8 and 12 years old and at about 4'9" tall). The back seat is the safest place for all children younger than 13 to ride.

Be sure your child always wears appropriate safety equipment when biking, skating, skiing, in-line skating, snowboarding, or horseback riding.  
(Tailor the list of activities appropriate to the area.)