

# Health is a Journey!!

What to expect at 5 Years!

## When to Call or Ask for Help!

Teach stranger safety (don't go with or accept things from strangers).

Teach street safety, although most five year olds should not be expected to go alone to and from school.

Practice having the child tell name, address, phone number and explain when to do this.

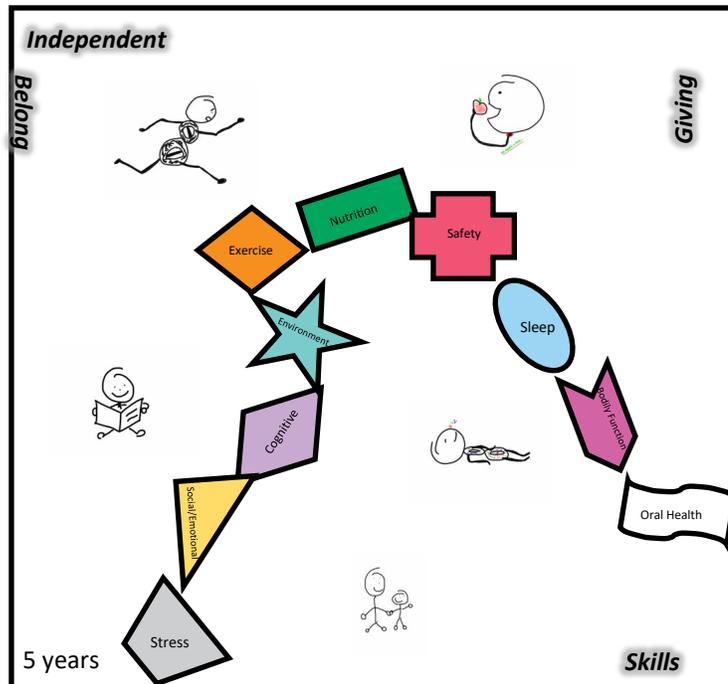
Bicycle safety should be strictly enforced, especially use of helmet.

Safety car seats should be used. Check for the most recent guidelines.

Fire safety - Practice leaving the house in case of a fire. Have the child practice from each room.

Water safety - Don't assume he/she will remember all about swimming, without refresher courses. The child should not be left alone while swimming.

The Journey..... Is made of **Short Term Goals** that you choose or at least control somewhat. These will lead to **Long Term Goals**, like being **Independent**, to **Belong**, to develop **Skills**, and be **Giving** when your child grows up! How exciting is that? And it happens, almost before you know it, so watch those Short Term Goals, One Day at a Time!



## One Day at a Time!!

And it all happens each Day as you make choices! Here are a list of things to possibly add to your Healthy Child Calendar, to be sure they get done:

### A Day in the life..

**TSK here— 5 & counting!** I'm learning everyday, but need YOU to help me!

Here's what I need to be healthy;

**Nutrition:** Keep offering a variety of foods, even if I turn my nose up at them!

**Sleep:** I need about 10 hours a night!

**Exercise:** I need an hour a day of hard play!

**Cognitive:** Help my brain with reading, simple math, problem solving and more!

**Stress:** Help me learn to Calm when I get so upset!

**Social-Emotional:** I'm trying to learn to get along with others, but keep showing me how!

**Teeth:** I need to brush daily and go to the dentist yearly!

**Body Functions:** Keep watching my functions like BMs, breathing and more. Call Dr. Greta if questions!



*Give that kid a hug!*

*Gene...and Dr. Greta*

## Healthy Child Calendar

*Pick one up to use as a reminder!!!*

1	2	3	4	5	6	7
<p><b>Check List</b></p> <p>Immunizations</p>						
8	9	10	11	12	13	14
1	Check cholesterol, lead level, hemoglobin for anemia, urinalysis if appropriate.					
8	9	10	11	12	13	14
	Brush those teeth!!					
15	16	17	18	19	20	21
	Eye and dental exams.					
15	16	17	18	19	20	21
	Readiness and coping skills for school.					
	Reassess the home environment for possible violence.					
22	23	24	25	26	27	28
	Keep in touch with your Child Care Provider.					
22	23	24	25	26	27	28

# Health is a Journey!! One Day at a Time!!



Gene, Dr. Greta's Advisor

THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time! Under the tutelage of Gene, this material is developed by

Greta McFarland, MD FAAP  
Box 849  
Ashley Clinic  
Chanute, Ks 66720

**5 year old TSK will be watching you! Be a good Role Model!!!**

## MORE INFO IN DEPTH.....

Your time is getting short! After the first five years, and especially after the child starts school, your input as a parent greatly diminishes! In fact, if you haven't gotten across most of the moral values by age six, there is a chance you won't be the one teaching them to your child! School, with all the other children and all the new experiences, will make a major impact. So make the best of this last year; cherish it!

### **Development**

Stress management - With all the new things your child is going through, it is important to reassess how stress is managed. Your child has come a long way from thumb sucking, but what is his/her approach to new experiences? It is normal for your child to be anxious, and this is even healthy, as long as it doesn't go too far. The first step is to help your child state the feeling of uneasiness. Next, help him/her realize what has caused it (i.e., coming to the doctor's office for shots). Last, help him/her develop a plan as to how to handle the event (i.e., thinking of a specific thing while getting the shots, planning a fun activity afterward, etc.). One common response to stress is regression. This means that the child may be so overwhelmed with all the new or changing things, that he/she regresses or goes back to an earlier stage of development. Some children start sucking their thumbs, some wet the bed, some throw temper tantrums. These behaviors, (if they haven't been present for several months to years), are a sign for you to assess the child's stresses. You may not be able to stop the stresses (nor might it be good to stop the stresses!), but if you can understand them, you may be able to help your child understand them. The most frightening thing any of us has to deal with, is the feeling of helplessness. We feel helpless, if we think we have no options. There usually are options; we just need to look for them. This is one of the most important skills you can teach your child; the ability to look for options. The more that the child can feel in control of the situation, taking responsibility for his/her own actions and learning to control emotions (like being afraid of the shots), the closer your child will be to maturing into an

independent young person; one of your main goals! It is exciting to watch the transformation!

### **Developmental Milestones for Five Year Olds**

Can skip, broad jump, and keeps balance well. Can wash and dry hands and brush teeth easily and efficiently now. Can cut and paste, copy a triangle, and draw a person with 5-6 body parts. Can identify coins, name 4-5 colors, and can state age. Can tell a simple story and knows several nursery rhymes. Can define at least one word, e.g., "ball," "shoe," "chair," "table," "dog"; can name materials of which objects are made. Can dress and undress without supervision. Is beginning to understand right and wrong, fair and unfair, and understands that games have rules. Enjoys being with other children.

### **Body Functioning**

Bowel and bladder control during the day should be complete. If your child has problems with bowel leakage, please tell me. Night time urine accidents (nocturnal enuresis) may still occur, for up to several more years. If your child was dry at night for several months to years, then started wetting, please call. There are some things that can be tried for the chronic bed wetter, especially once the child starts sleeping over at others' houses. Please ask if you have questions.

Nutrition - A vitamin with iron is still a good idea. Your child will now be exposed to more "junk" food. Watch for how the food may affect your child's attitudes, behavior, sleep patterns, bowels, etc.

### **Activities to Enhance Development**

Attention span should now be at least five minutes, and probably more! It is important to keep adding activities that encourage and increase this. Having family activities on a regular basis (including chores as well as family outings) will allow your child to see how the family can work together for a goal. Family strength is threatened, as the child goes out of the home and increasingly becomes more involved in other activities. **Actively planning family time is crucial to keeping the communication lines open between you and your child. One study found that after children start school, parents and children only talked to/ or did things with each other for 90 seconds each day! This isn't enough time to do anything, let alone continue to know your child and have**

input with him/her that will teach the things you want him/her to know! But it is EASY for this to happen; in fact it will happen, if you don't actively work to stop it! This means making an effort to spend time actively listening, talking, and sharing with your child almost every day! Some families have to actually "make appointments" with each other, so that they will be sure to touch base daily! If you find you can't do this, you may wake up some morning to a teen-ager who you don't know and who is doing things you've never dreamed of (and for whom you are responsible, both financially and legally)! At that point you WILL find time to devote to the problem because you will be FORCED. Forming good strong family ties is a much better solution for everyone. Peer relations start to become much more of a factor. This is exciting, watching your child learn to work with others. He/she will still need your guidance in working with others, and it is important to talk often with school personnel about how your child is doing in this area. If your child is shy, or doesn't seem to be accepted by others, talk to the school personnel who may be able to help. The sooner you work through this, the better; the longer a problem exists, the harder it is to change. You may be able to help by inviting some classmates over, in a controlled setting, so you can observe and later help your child understand what happened with the social interaction (i.e., if your child made another child angry, you can intervene, so the incident doesn't escalate, then when you are alone with your child, explain why this happened and what your child could do differently next time.). Set rules for television watching, limiting this to only a few hours a week, and planning more exciting things to do and learn. One way to avoid having the TV become a "baby sitter", is to make yourself follow the rule "My child will watch TV only when I watch TV with him/her". This absolutely ensures what your child watches and allows you to discuss controversial things so that you can teach the child what you feel is right. Otherwise, your child WILL come up with opinions about these issues, and you may never know what they are, until it is too late!