

# Your Child is Now \_\_\_\_\_ Years Old

## What Should Your Child Be Eating?

- Diet:**
- Provide a balanced diet containing: fruits and vegetables, bread and cereals, dairy products and two servings of meat.
  - Drinks about 2 to 3, 8 ounce glasses of milk a day.
  - Limit juice to 8 ounces a day. Do not give Kool-Aid® or soda.
  - Share meals as a family whenever possible.
  - Turn the TV off during meal time.
  - Encourage nutritious snacks.
  - Food should not be used as a reward.

## What Will Your Child Be Doing At 4 To 5 years?

- Speaks clearly in sentences using 5 to 6 words.
- Plays well with other children.
- Brushes teeth.
- Draws a person with 3 to 6 body parts.
- Dresses self.
- Buttons clothing or doll's clothes.
- Rides tricycle or bicycle with training wheels.
- Prints a few letters and numbers.
- Uses full sentences.
- Uses safety scissors well.
- Likes to be read to and look at books.
- Introduce child to library and get library card if child doesn't have one.
- Names at least 3 colors.
- Likes to pretend.

## What Will Your Child Be Doing At 5 To 6 Years?

- Plays "make believe" and "dress up".
- Can ride a bicycle, skips.
- Learns to tie shoes.
- Can count to 10, print first name, knows colors.
- Skates, jumps rope, plays catch.
- Draws person with six body parts.
- Tells a simple story using full sentences.
- May experience school fears.
- Simple chores such as setting the table and collecting trash papers.
- Dresses self.
- Plays with children of the same sex.
- Learns to read.
- Walks down stairs using alternating feet.

## What Are Some Issues or Concerns You May Have?

- Healthy Lifestyle:**
- Encourage daily physical activity.
  - Encourage daily personal and dental hygiene.
  - Encourage a regular bedtime around 7 to 9 pm.

- Bed-wetting:
- Treat this gently and do not scold the child.
  - Do not make your child feel guilty.
  - Try to limit the fluids after dinner.
  - Use the bathroom before going to bed.
- Safety:
- Car seat must be used up to 4 years and 40 pounds.
  - Booster seat must be used up to age 8 years and 80 pounds.
  - Store drugs/prescriptions, poisons, cleaning products, matches, and lighters out of reach of children.
  - Encourage no talking to strangers.
  - Make sure your child knows his or her phone number and street address.
  - Use sunscreen with an SPF of 15 or higher.
  - Never leave your child alone around water.
  - Make sure child wears bike helmet when riding bike or skating.
  - Use parent controls and supervise your child when using the TV, video games, Internet, or On-Line. Limit to no more than 1 to 2 hours a day.
  - Do not smoke in house, car, or around your child.
  - Store drugs and prescriptions, poisons, cleaning products, and sharp instruments in locked cupboards.
  - If guns are kept in the home, keep unloaded, locked, and in separate area from children.
- Sexuality:
- Needs simple explanations in regards to sexual questions.
  - Sexual curiosity and exploration is normal.
  - Becoming modest is normal. Respect your child's privacy.

**Comfort measures after shots:**

You may give a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your child's dose is \_\_\_\_\_.

**Call the office or answering service at 315-464-4357**

- If you need to:
- Schedule or cancel an appointment.
  - Talk to a nurse from 8:00 A.M. to 5:00 P.M.
  - After clinic hours to talk to a doctor.

Date: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Speak up if you have any questions or concerns.



# Healthy Kids



Pediatric and Adolescent Center  
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