

AT FIVE YEARS OF AGE

Height _____ Weight _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

- ❖ **Telling Why** – Ask your child “why” questions: “Why do houses have roofs?” “Why do we eat?” “Why do cars have wheels?”
- ❖ **Understanding signs** – Help your child understand words on signs, such as “Stop,” “Walk,” and “One Way.”
- ❖ **Recognizing coins** – Sort pennies out of a group of coins. Next, show your child the difference between nickels, dimes, and quarters.

Read to your child. Sing with your child.

Developing control of small muscles and solving problems:

Cooking – While your child is making simple foods, such as cookies or brownies from a mix, or from scratch, talk about measuring and stirring. When finished, wash and dry dishes together.

Telling time – Make a clock out of paper or cardboard. Put two hands on a homemade “clock,” using a thumbtack. Point the hands of the clock to times that are important to your child (lunchtime, bedtime, and so on). After your child learns the times on the hour, add the half hours and then quarter hours.

Vaccines given today:

DtaP
Hib
Polio
Prennar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Developing personal and social skills

Communicating - make time each day to talk with your child. Listen to your child and let him or her know you have understood.

Being a family member – Involve your child in making family rules by holding family meetings from time to time.

Receiving praise – Instead of pointing out what you child does wrong, take a positive approach and point out things your child does right. Praise your child for patience, sharing, thoughtfulness to others, trying new tasks, and so on.

At 5 years of age your child may :

- ❖ Spend hours in active and “make believe” play.
- ❖ Learn simple sports such as kicking, batting a ball, or jumping rope. Begins to learn rules.
- ❖ Want to please and feel bad about mistakes. Begins to learn right from wrong.
- ❖ Have a hard time considering the feelings of others.
- ❖ Play with chalk, crayons, paint, scissors and glue.
- ❖ Speaks so that adults can understand most of what he says.

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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