

Nutrition Tips/Suggestions

- Offer a variety of foods. Focus on fresh fruits & vegetables **when** possible, low-fat dairy products or dairy substitutes, lean proteins (beans, chicken, turkey, fish, lean hamburger, tofu, eggs), whole-grain breads, cereals and bread, and healthy fats
- **Many 5 year olds are picky!** Don't expect them to "clean their plates." Your job is to offer foods with nutritional value and to intentionally establish regular times for eating & sit together! Your child's job is to decide whether he or she is hungry and how much food to eat when it's offered. Try your best to not use food as a bribe, reward, or threat (Everyone is guilty of this at times!) Also, Turn off the TV-especially at mealtimes 😊
- Limit processed food and sugary drinks. The best drinks are water and milk.
- **General** calorie requirements for 5 year olds are 1200-1400 kcal/day. Increased physical activity will require additional calories. Total fat intake should be between 25-35% of calories for children 4 to 18 years of age. **General daily totals between food groups are as follows:** Milk/Dairy: 2 cups. Lean meat/Beans serving size: 3-4 ounces. Fruit: 1.5 cups. Vegetables: 1-1.5 cups. **One serving size is ½ cup for children 4 years and older.**

For more specific information regarding nutrition at this age visit healthychildren.org. A great book/paperback resource for this age is *Good Enough to Eat* by Lizzy Rockwell. Another helpful online resource is Kids.Eat.In.Color.com

Development

Gross Motor

- Skips alternating feet, throws and catches a ball, walks forward/backwards heel-to-toe.

Fine Motor

- Increasing dexterity with tools, copies square, diamonds, triangles, draws a person with a head, body, legs & arms, prints some letters, may lace shoes and tie shoelaces, dresses self without help

Development Cont'd

Language/Communication/Socialization

- Vocabulary of >2000 words, uses sentences of 6-8 words containing all parts of speech, can follow 3 commands in succession.
- Knows colors, day of the week, months, composition of familiar items, & address/phone number, can count on fingers, manners improving (with a lot of encouragement often 😊), listens to others but exchange of ideas still rudimentary

Sleep

- Most children give up an afternoon nap by this age. They average 11-12 hours of sleep overnight. Establishing and keeping a consistent bedtime routine without electronics involved is always helpful for achieving this!

Safety

- Keep your child in a forward-facing car seat with a harness and tether until he/she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat it's time to travel in a booster seat, but still in the back seat. He/she should stay in a booster seat until he/she reaches 4 ft, 9 inches in height.
- Make sure to keep up with bi-annual dental visits and follow up with your child's eye doctor if needed and appropriate.
- This is a great age to reinforce & discuss pool/water safety, street safety, fire safety, firearm safety, and how to call 911 in the event of an emergency. Visit healthychildren.org for more information on these topics.

What to expect at this visit:

- ☒ At this visit, we will measure your child's height, weight, pulse, and blood pressure. Your child's visual acuity may be screened using the Snellen Eye Chart if they do not wear glasses.
- ☒ Typically vaccines are not needed at this visit. The flu vaccine will be recommended if it is flu season. Your child's next well visit will be at 6 years of age.

