

## CMA 5 Year Well Child Visit

### Development

What most children do by this age

- Buttons some buttons
- Hops on one foot
- Counts to 10
- Writes some letters in their name
- Recognizes some letters when you point to them
- Can for activity like story time/arts and crafts for 5-10 minutes
- Tells a heard or made up story
- Can have back and forth conversations of at least 3 exchanges
- Follows rules, takes turns playing games with others
- Does simple chores like matching socks, clearing the table

### Nutrition/Feeding/Sleep

- Encourage 5 servings of fruits/vegetables per day
- Discourage juice; limit to 4-6 oz a day max
- Create pleasant mealtime environment
- Avoid high fat/high sugar foods
- Limit snacks to twice a day
- Do not use food as reward or punishment
- Maintain family meals as much as possible
- Encourage 2-3 servings dairy/calcium daily
- Encourage healthy food AND increased activity
- Encourage 10-12 hours sleep at night

### Hygiene

- Dental check ups every 6 months
- Brush teeth twice a day; nothing to drink except water after brushing at night
- Bedwetting may still be common
- Should be able to bathe self and brush teeth fairly independently
- **Maintain good hand washing practices**

### Discipline

- Reprimand privately
- Provide clearly stated limits and consequences if rules are broken
- Establish balance between child's need for independence and need for limits
- Assign chores such as setting the table making bed etc; praise for job "well done" and consider allowance to provide sense of economic values

### Safety

- Use booster seat until 8 years old or older. Child should sit in the back seat until 13 years old
- **Safety proof home:** Keep medicines, chemicals out of reach; smoke detectors on every floor; fire escape plan; open windows from tops or protect open windows with barriers that child can not push out
- Keep matches and lighters out of reach
- If firearms in the home, keep unloaded and locked out of sight with ammunition secured in separate location inaccessible to children
- Avoid smoke in environment
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Use sunscreen SPF 15 or higher with outdoor play
- Do not leave unattended near water, even if child knows how to swim
- Teach street safety
- Use helmets when riding a bike, scooter, etc.
- Teach about stranger safety, consider discussing appropriate touching
- Supervise outdoor play
- Teach respect for unknown animals-do not run to or from, tease, or frighten animals
- Manage access and content of tech devices
- Keep child's use of digital devices in public areas of home

### Stimulation/Activities

- Read to child every day
- Outdoor games and sports
- Games with peers
- Music/singing
- Regular sized crayons, colored pencils, writing paper
- Limit & monitor "Screen" time to less than 2 hours a day
- Discuss on-line citizenship & safety
- Take energy-releasing excursions to zoo, picnics, parks, playgrounds

### Next Well Child Visit at 6 years old

\*See CMA links page for more helpful health information: [www.cmanva.com](http://www.cmanva.com)