

Craig Ranch Pediatrics

Dr. Nagaratina Salem

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Phone (214) 383-4400 Fax (214) 383-4403

5 Year Old



Motor

He can skip, enjoys playing active games and movements, and may be able to swing himself on a swing.

Fine Motor

He should be able to write his first name. Draws a triangle. He dresses, bathes, eats, and uses the potty independently. He can build elaborate structures and enjoys playing noisy instruments.

Language

By this time he has a vocabulary of 2000 to 2500 words. He is able to name more than 4 colors. He can say full sentences of more than 10 syllables. Can count 10 pennies correctly. Can begin to understand the concept of opposites. He knows morning, afternoon, night, yesterday, today, and tomorrow. Can differentiate between right and left hands. This is a good time to teach him your home address and phone number.

Social

Likes domestic role-playing differentiating sex-roles. He submits to more rules and regulations and can wait for his turn. Likes to please adults and is interested in family activities.

Emotional

He can begin to express feelings in words. He can get embarrassed easily and does not know to laugh at himself yet. He shows guilt at misbehavior. He likes to be independent. He will have a lot of curiosity and will ask a lot of “why” and “what” questions.

How to Promote Development

Provide a good speech and language role model. His listening skills have improved, but it is not until 7-8 years of age that he can listen well enough to have an exchange of ideas. Be a patient listener when he expresses his feelings and ideas. If the child stutters, pay absolutely no attention to it. Increased concern will only add to his anxiety and will worsen stuttering.

Avoid correcting errors; the child will make his own corrections. Encourage him to use language instead of aggressive behavior to get his own way. Provide him more time with peers, but with continued supervision. Try to involve him in a variety of activities and experiences, including group games, a visit to the zoo, etc. By age 6 he usually prefers the company of his own sex. This preference continues through adolescence.

TV watching should be limited. There should be a set time. Make it a family activity by





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what programs can be watched, with everyone getting a limited choice. Try to watch the programs with the child. Do not develop the habit of eating junk food while watching.

Discipline

Provide positive reinforcers, like hugs, kisses, stickers or stars for good behavior. Do not use food as a positive reinforcer, as that may instill the habit of eating for pleasure only. Expect your child to control his behavior for attention and approval. Try to ignore or use the time out concept for misbehavior. However harmful, behavior to himself or others should be stopped. Try not to give more disciplinary punishment, as that may lead to more anger and violence. Sometimes, spending more time with older children helps, as imitating is the easiest way for a child to learn. Try to keep the daily schedule consistent with expected behavior. **Frequent aggressive and uncontrolled behavior needs investigation into the child's role models, unrelieved pressures or fears, and physical problems.**

Nutrition

Between 4-8 years of age, the calcium requirement is around 800 mg daily. This equals to roughly 3 servings of milk, milk products, or calcium fortified products. The following is the calcium content of various food groups:

1 cup of plain yogurt	415
½ cup of ricotta cheese	337
1 cup of low fat milk	300
1 slice of cheddar cheese	204
1 slice of Mozzarella cheese	183
1 slice of American cheese	124
½ cup of cooked spinach	122



Recommended servings per day for 4-6 year olds (1800 calories):

Grains	7 servings
Vegetables	3 servings
Fruit	2 servings
Dairy	2-3 servings
Meat	3-4 servings

Children who drink large amounts of juices are at risk of diarrhea, failure to thrive, nutritional deficiencies, and future obesity. This is especially true if the juice becomes the primary source of nutrition. Try to limit juice to 4-6 ounces per day at the most, and encourage him to drink more water.

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Multivitamin

A whole chewable a day.

Dental Check-Up

Done regularly. He may start losing teeth in the same order they erupted by the time he is 6 years old.

