

# Your Child.....at Five years

## Your Child Can:

- Play well with other children.
- Hop on one foot, skip, catch a ball, jump rope and skate.
- Cut, paste and color.
- Recognize most letters of the alphabet and print some letters.
- Know full name and address.
- Dress and undress without help.
- Be responsible for toileting.
- Bathe and wash hands with help.
- Be curious about where babies come from.

## Your Child Can:

- Grow 2" - 2 1/2" per year.
- Gain 5 pounds per year.
- Have strong likes/dislikes.



- Brush own teeth.

## Your Child Needs:

- Simple, sturdy, and durable toys (balls, wagon, large blocks, coloring books, finger paints, dress-up clothes.)
- Less supervision than at four years old when using paper, pencils, crayons, scissors.
- Simple picture books and someone to read to him/her.
- Someone to teach name and address.
- Be allowed to choose some clothes and dress without help.
- Praise for good behavior.
- Someone to help with shampooing.
- Honest answers to questions.

## Your Child Needs:

- To eat a balanced diet that includes:
  - 4 milk/cheese servings daily:  
1/2 c. milk; 1/2 c. yogurt
  - 4 protein servings daily: 1 T. peanut butter, 1 oz. cooked meat, fish, chicken, 1 egg,
  - 8 grain servings daily: 1/2 slice bread, 1/2 cup cold cereal, or 2-3 crackers (1/2 should be whole grains).
  - 2 fruit and 3 vegetable servings daily:  
1/2 cup fruit/vegetables or 1/2 piece of fruit, including:
    - 1 Vitamin C serving daily; orange, orange juice (limit to 4-6 oz. daily).
- Someone to help with toothbrushing at least one time daily.
- Regular dental care.

Child's Name: \_\_\_\_\_ Insurance:  Medicaid  MIChild  Private

Physician: \_\_\_\_\_ Date Dr. saw child: \_\_\_\_\_

How is your child sleeping at night?  Sleeps all night  Wakes often  Other \_\_\_\_\_

What do you love about what your child is doing right now?

What do you need to help you meet your family's needs (food, house, heating bill, insurance, etc.)?

Yes No Does your child...  
  Recognize most letters of the alphabet  
  Copy a square  
  Wash and dry hands without help

Do you have any questions or concerns about your child's feeding?

Does your child take any vitamins or any other supplements?

Does any family member work around lead (auto repair, plumbing, pottery) or does your home have chipping paint or remodeling being done?

### Safety Needs:

For child's safety, it is important to:

- Lock up firearms, matches, poisons.
- Supervise your child riding a bike; have child use a helmet.
- Use car seats.
- Teach child to swim.
- Teach your child what to do in case of a fire.
- Instruct your child not to go with strangers or accept touching he/she does not like.
- Post poison control number by your phone.

POISON CONTROL  
Toll-free, Available 24 hours per day,  
7 days per week  
1-800-222-1222

### Kindergarten:

- Take your child to the school to see it and play on the playground.
- Read stories about starting school.
- Teach your child about riding a bus.
- Walk to school a few times with your child to be sure he knows the safe route.
- Encourage your child to talk to other children who are starting kindergarten.
- Your child might have mixed feelings about beginning school; talk about those feelings.
- Understand that it takes time to get to know the teacher, to make friends, and to know what is expected of him/her.

### For helpful tips and health information, visit these websites:

[www.aap.org](http://www.aap.org)  
[www.1800earlyon.org](http://www.1800earlyon.org)  
[www.webmd.com](http://www.webmd.com)

For information and resources for children and families:

[www.bridges4kids.org](http://www.bridges4kids.org)  
[www.kidshealth.org](http://www.kidshealth.org)

For free or low cost health insurance:  
[www.healthcare4mi.com](http://www.healthcare4mi.com)

For nutrition information:

[www.eatright.org](http://www.eatright.org)  
[www.wichealth.org](http://www.wichealth.org)

For smoking cessation help:

[www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)  
[www.quitnet.com](http://www.quitnet.com)

For dental information:

[www.ada.org](http://www.ada.org)

Health Department of Northwest Michigan  
1-800-432-4121

Counties of:

ANTRIM  
Mancelona  
205 Grove St.  
Mancelona, MI 49659

ANTRIM  
Bellaire  
209 Portage Dr.  
Bellaire, MI 49615

CHARLEVOIX  
Administrative Office  
220 W. Garfield  
Charlevoix, MI 49720

EMMET  
3434 Harbor-Petoskey Rd.  
Suite A  
Harbor Springs, MI 49740

OTSEGO  
95 Livingston Blvd.  
Gaylord, MI 49735

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