

Your Growing Child: 5-7 Years

Immunizations:

DPT, OPV and MMR boosters may be given today.

Diet:

At least one meal is eaten away from home. Your child will need to adjust to cafeteria rules and a time limit. When packing lunches, consider temperature; avoid foods that spoil without refrigeration. After school snack time can include a fun discussion of the day's activities. Establish a pleasant atmosphere at mealtimes.

Teeth

Child should brush teeth two times every day. Avoid sweets and candies.

Sex Education:

At this age, children may ask questions about where babies come from and about difference between boys and girls. Answer these questions honestly. Use correct terms for genitals. Children at this age are curious about sex and this curiosity and exploration are normal.

Development:

Motor

- skips, walks on tiptoes, broad jumps
- can cut and paste
- dresses and undresses without supervision
- learning to share
- learning to ride a bicycle
- learning to tie shoelaces

Personality

- names 4-5 colors
- begins to understand right from wrong, fair and unfair

- enjoys imaginative play
- enjoys playing with peers
- know right from left

Speech

- tells a simple story
- knows several nursery rhymes

Safety:

- lock up electrical tools, firearms, matches and poison.
- enforce use of helmet with bicycle, skates
- always use car seat belts
- watch your child without interruption while in or near water
- teach child to swim
- teach your child what to do in case of fire in home
- have your child memorize his name, address, phone number
- warn your child not to go with or accept anything from strangers
- teach child about good touch/bad touch; (no one should touch them in areas covered by their swimming suit.

Parenting:

- establish rule about bedtime, TV, chores
- spend active time with your child
- praise and encourage your child's activities
- show attention
- be a good role model!
- encourage reading and hobbies. Obtain a library card for your child
- encourage physical activity and participate with your child