

Bloomfield Hills: 248-203-6620

Farmington Hills: 248-788-2100

Five Year

Height _____

Weight _____

Nutrition: Start the day with a good breakfast. Encourage 3 meals a day and 1-2 healthy snacks instead of “grazing” on many snacks all day. Be aware that good nutrition can be undermined by allowing a child to fill up on liquids, especially juice. Allow your child to help with meal preparation, and clean up with supervision. Teach table manners. It’s OK for parents, not children, to decide which foods are offered.

Teeth: Brush teeth twice a day, once by a parent and one by the child. Teach your child how to floss. Limit juice during the day, and never allow your child to have juice or milk immediately before sleep.

Development: Your child should be able to hop, skip and ride a bicycle with training wheels. A five-year-old should be able to feed themselves with utensils, get dressed independently, fasten buttons and zippers, and begin to lace shoes. By this time your child should be able to recognize his/her name, draw a person with several body parts, and speak clearly enough to be understood by other children and adults. A five-year-old usually can count to 10 or more, knows colors, and can tell a simple story.

Social: Your five-year-old should enjoy playing alone and with other children, be able to listen and attend, follow directions and usually be cooperative with parent and teacher.

Safety: Be aware of the danger to young children of hot water, hot beverages, barbeque grills, motorcycle mufflers, curling irons, and matches. Firearms should be locked away with ammunition locked in a separate location. Always wear a helmet while riding a bike, roller blades, or scooters. While in a car your child should be properly secured in an approved auto booster seat (up to 80lbs). Never leave your child out of your sight while near water, and begin swim lessons now. Trampolines designed for recreational home use are not recommended.

Immunizations/Tests: TB questionnaire, Hemoglobin, blood pressure, urinalysis if not done at previous visit, vision screen. DtaP, Polio, MMR vaccines if not given at four-year exam.

BE AN ACTIVE PARENT! Spend time playing with your child every day. Encourage your child to learn to make his own good decisions. Show affection and pride in your child’s activities and schoolwork. Be a good example for your child. Demonstrate good health habits by regularly exercising, eating healthy foods, limiting TV viewing and solving problems together as a family. Decrease alcohol consumption, and do not smoke.

Next exam is at six years, and yearly thereafter.