



CHILD CARE FROM 5 TO 6 YEARS

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SUGGESTED DIET: Offer your child selections from the basic food groups at all meals and snacks. They should follow the same recommended low fat, low cholesterol diet that you do. It is not necessary to totally eliminate higher fat foods from your child's diet, rather serve them in moderation and balance them with more frequent servings of lower fat choices.

1. **Milk & Dairy Products:** 3 servings (6-8 oz. per serving) per day. 1% or skim milk is recommended. Other milk products include yogurt, cottage cheese, pudding, ice cream or frozen yogurt. 1 ounce of cheese is equivalent to about 6 oz. milk.
2. **Meat/Protein:** 3 servings of meat, poultry, fish, tofu, eggs, beans or nuts per day. A serving size is 2 – 3 ounces (5 tablespoons).
3. **Fruits & Vegetables:** Fill ½ the plate with fruits and vegetables. 4 servings per day, with a serving size being ½ cup or 3 tablespoons.
4. **Breads & Cereals:** 4 servings per day, with a serving size being ½ slice bread, ½ cup cereal, or 1/3 cup pasta or rice. Try to use products with high fiber content (whole wheat bread, cereals with higher fiber, oatmeal, and brown rice).
5. **Vitamins:** 600 IU of vitamin D is recommended daily.

FEEDING TIPS

- Your child should be good company at meals, and be ready to learn basic table manners. Explain the rules and then model them. They will behave as they see the rest of the family behaving at the table.
- Don't encourage eating meals while watching television. Try to make mealtime a family time whenever possible. Leave the TV off.
- Try not to use food as a reward for good behavior; praise is preferable.
- Don't worry if your child's food intake is inconsistent. A decreased appetite or "picky eater" at this age is normal. If you offer the appropriate foods at each meal, and avoid multiple non-nutritious snacks, then your child will receive an adequate diet by eating when they are hungry.
- Don't make a fuss when your child refuses to eat because the extra attention only encourages the behavior you are trying to correct.
- Some healthy snack suggestions include: yogurt (low-fat or non-fat), string cheese (part skim milk), dry cereal (whole grain, low in sugar), mini-bagels (with low fat cream cheese), raisins, graham crackers, vanilla wafers, animal crackers, pretzels, fresh fruit, popcorn (without butter), carrots & celery sticks with low fat yogurt or dressing.
- Encourage family mealtime.

DENTAL HEALTH

Continue good dental care. Your child still needs assistance with brushing and with flossing. Use a pea-sized amount of fluoride toothpaste for brushing. Continue to have your child visit the dentist every 6 months for cleaning and routine checkups. The average child loses their first primary tooth at about age 6 ½.

DEVELOPMENT/PLAY

Children this age enjoy being outside and having space to run, jump, ride, and use their imaginations. They also like craft and artistic materials and may enjoy simple board games. They request friends to come and play and do not require as much supervision for arguments.

Your child's vocabulary has expanded. They are able to use 6 to 8 word sentences, and follow 3 commands when given in succession. Encourage them to read for pleasure. Read together. Toward the end of this year your child will probably recognize letters, maybe words, and may even start some simple reading. Acknowledge their progress and let them enjoy their level of "reading".

This is a good age to encourage your child to begin assuming responsibility for simple household chores such as making their bed, setting the table, or cleaning up play areas. Remember, teaching your child how to do a chore takes time and patience.

Limit media use (TV, computer, video) to 1 to 2 hours a day. A TV in your child's bedroom is not recommended. Pay attention to TV ratings guides.

DISCIPLINE

Often the natural or logical outcome of an act provides enough reinforcement for your child. When this is not sufficient, then your positive reinforcement provides the direction your child needs. Don't reward misbehavior with increased attention or by giving in. It is essential to deal with misbehavior promptly and fairly, not waiting so long that your child forgets why they are being disciplined. Set limits and choose your battles as you see fit. Encourage your child to express their emotions through words instead of aggressive actions. Incentive charts with stickers can be useful in positively modifying behavior.

SAFETY

This is an important age to stress safety and prevention of injury in all activities.

- Teaching bicycle safety must be ongoing. Your child should be wearing an approved helmet, have an appropriate size bike, and begin to learn traffic rules.
- Teach street safety. Show them the curb and instruct them to always stop at the curb and never cross the street without a grown up.
- Although the new law in Georgia requires booster seats up until age 8, the AAP recommends booster seats until your child weighs between 60 and 80 pounds and is 4 feet 9 inches tall. The safest place for your child to sit is in the backseat.
- Establish rules prohibiting the use of matches, firecrackers, guns and lighters, and unsupervised use of the stove.
- Teach your child their full name, address and phone number, 911 and when to use it.
- Review with them who the appropriate people are to ask for help if they are injured, lost or afraid, as well as stranger safety instructions.
- Check your smoke detectors twice a year when daylight savings time changes are made. Purchase a collapsible ladder that stores under a bed for upstairs rooms.
- Have a family fire drill at least once a year and establish a meeting place outside the house. Consider reflective tape arrows on baseboards from rooms to outside.

FEVER MANAGEMENT

You may treat your child's fever with either of the following:

Tylenol (Active ingredient is acetaminophen)

Advil, Motrin (Active ingredient is ibuprofen)

Your child's next well childcare visit should be in one (1) year.

Additional Resource for Parents

Visit our web site at www.northfultonpediatrics.com

www.aap.org/bookstore

Caring for your School Age Child, Ages 5 to 12, by American Academy of Pediatrics

www.healthychildren.org

www.chop.edu/service/vaccine

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