



## Injury Prevention



The most common accidents that occur at this age:

- **Bikes, Scooters and Roller Blades:** Wear a helmet and if on a scooter or roller blades; we recommend elbow, wrist and kneepads.
- **Drowning:** Do not leave your child unsupervised in or near pools.
- **Fires:** Have a fire escape plan. Check smoke and carbon monoxide detector batteries during clock changes (twice a year).
- **Strangers:** Talk to your child about situations where a stranger may talk to them (e.g. Your mom told me to come pick you up)
- **Weapons:** We recommend not keeping weapons at home. If you feel you must, always store unloaded and with safeties on.

## Nutrition

Fiber is a common nutrient that lacks in American diets. As a guide your child should be eating their age + 5 grams of fiber per day. (e.g. at age 5 = 5 +5 or 10 grams per day.

- If your drinking water does not contain fluoride, you child should be taking 0.5 mg daily.
- Mealtime should be family time. TV should be off.

## Healthy Habits

Provide time for your child to play with others his age. Assign chores such as setting and cleaning the table; and tidying his room.

- Teach your child to wash hands after using the bathroom and before eating.
- Take exploratory walks.
- Limit screen time such as devices, TV, computer time and video games to 1-2 hours per day total.
- Stay active and promote exercise

## Parenting

Encourage your child to be a good sleeper and sleep in his bed.

- Model affection for your child.
- Maintain a pleasant bedtime routine.

## Self Esteem

Your child carries a unique picture of themselves. This is shaped from messages from parents and other significant people. Self-image is learned. Self esteem is the value a person places on their self image. Children with low self-esteem may refer to themselves as being "stupid" or "bad". To improve self-image you can help by:

- Be a Good Role Model: Feel

good about your accomplishments.

- Have Realistic Expectations of Your Child: These lead to repeated successes, which raise self-esteem.
- Respect Your Child's Unique Qualities: Find them and praise.
- Applaud Effort, Not Just Outcome
- Avoid Negative Comments

## School Readiness

Signs of school readiness include the following:

- Plays will with others
- Takes turns
- Follows simple directions
- Conforms to simple rules regarding behavior.
- Dresses themselves.
- Able to separate from home for half a day.

## Next Visit

Your child's next regular well visit is the 6-year-old visit.