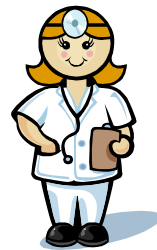
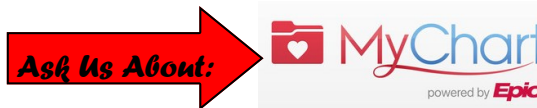


Immunizations

Today your child may need to receive required booster doses of **DTaP**, **MMR**, **Polio**, and **Varicella**, or chicken pox, vaccines if he did not receive them at four years of age. It is recommended that the **Flu** vaccine is be given annually to all children. Help your child prepare for the vaccines by explaining to him what will be involved. It is best to let him know it will hurt a little, but explain it will quickly be over. Side effects are usually limited to minimal discomfort at the injection sites and fever rarely occurs. A pain reliever can be given if necessary.



VISIT US @ WWW.BRCLINIC.COM!

Shelley M. Martin, MD, FAAP
Phone: 225-246-9290
Fax: 225-246-9107
7373 Perkins Road
Baton Rouge, La 70808

BATON ROUGE CLINIC
PEDIATRICS

FIVE YEARS

Shelley M Martin, MD FAAP



225-246-9290

Development

The typical five year old can skip, walk on tiptoes, broad jump and balance on each foot for four to six seconds. She can dress and undress herself without help and should be learning to tie her shoes. She should be able to draw a cross and copy a square if shown how, pick the longer of two lines, and draw a person with a head, body, arms and legs. She can write her first name, asks what words mean and can give the definition of many common words. He should be able to identify four to five colors, state his age, and tell a simple story. He is beginning to understand right from wrong, fair and unfair, and understands that games have rules. Five year olds engage in dramatic make-believe, assuming specific roles and enjoy playing “mommies and daddies”. They enjoy the companionship of other children, being able to play cooperatively and take turns. Your child probably enjoys participating in a number of household chores. Encourage responsibility for simple tasks like making his bed, cleaning his room or feeding the family pet. You may be able to introduce the concept of an allowance or reward system for a job well done. Try to establish a balance between your child’s need for independence and your need to set limits, and remember to be consistent with rules and discipline.

Your five year old should be ready for kindergarten ! If you have questions or concerns about your child’s readiness, we should address those today.



Safety

Injuries from accidents are the leading cause of death in children. Your child should be properly restrained in a belt-positioning booster until he is 80 pounds and/or 58 inches tall. He should **never** ride in the front seat until 12 years of age. A properly fitting helmet should be worn for biking and riding motorized vehicles. Helmets, protective knee, elbow and wrist pads should be worn while riding skates, skateboards and scooters– even in the yard or driveway. The use of these should be unconditional. Teach your child to swim but **never** allow her to swim alone or with other children unsupervised. Your child should be taught to respect electrical tools, firearms, matches, and poisons, and these should be kept **locked** and out of reach. Teach your child his address and telephone number, your full name and where you work. Make sure he knows what to do in case of a fire and how to call 911 in an emergency.

Be aware that the concept of “strangers” is a very difficult one for children to understand. Realize that the overwhelming majority of child molestation or abduction involves a person the child already knows. It is more important to set up a “secret code” that only you and your child know in case an emergency arises. Rehearse scenarios with him to help prevent someone taking him without your permission.

Your child has formed a strong gender identification. Children will be curious about where babies come from and the differences between boys and girls. Answer simply and honestly. It is often a good idea to ask “why do you ask that” or “what do you think” to help direct your response.

Healthy Habits

Establish a pleasant mealtime atmosphere. As many nights as possible, sit at the table and have a family conversation. No television during dinner! Teach your child proper manners, like how to use a napkin and which utensils to use. A five year old should be able to sit at the table until all family members have finished eating and assist with clean-up. Encourage good food habits– *you are your child’s best example!* Limit snacks and don’t be out-negotiated by a child who turns away dinner only to come back one hour later for snacks. Make sure your child is getting adequate sleep– most children this age need 9-11 hours of sleep each night. Limit television and video games to 1-2 hours per day. Encourage your children to engage in unstructured play outside as often as possible and get out there yourself and get your heart pumping, too!

NEXT VISIT...

Annual well exams are recommended to help address developmental as well as social issues as your child makes his/her way to adolescence. (Yes, it’s sooner than you think!) Your child’s next well visit will be when he/she is 6 years old. See you then!