



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, your 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 well 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.

Our Website

Visit us on the web at www.fourseasonspediatrics.com.

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