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www.eastlouisvillepediatrics.com

Your Five Year Old

A sunny and confident age – Five year olds are interested and positive about their home, pets, and family and have the skills to reach away from home into kindergarten. Praise, encouragement, and physical affection remain very important. Children respond to your approval and involvement in their life both at home and at school.

A child is ready for school when He/She:

- ✓ Plays well with others.
- ✓ Takes turns and knows games have rules.
- ✓ Follows directions and simple instructions related to behavior.
- ✓ Separates successfully from home.
- ✓ States name and address.
- ✓ May be accomplishing early reading and writing.
- ✓ Have practices cutting and pasting.

Nutrition/Activity

Continue to offer nutritious food in a pleasant atmosphere. Valuing family time means the TV is off. Encourage children to help prepare food and take the time to discuss why you choose healthy foods and snacks. Avoid excess sweets, fats, and soft drinks in your family's diet. Continue to encourage physical activity every day. Enjoy playing with your child.

Dental

Children have hand dexterity to brush on their own by this age. Dental check-ups every six months are recommended.



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Healthcare

Prior to kindergarten your child will need a physical exam and likely a hearing screen. Your child will also need to visit an ophthalmologist/optometrist prior to starting school. If your school has a specific form that needs to be filled out please bring this to your appointment and we will be happy to fill it out and provide you with an updated immunization certificate.

Safety

Electrical tools, firearms, matches, lighters, poisons, sharp knives, and scissors should be out of reach or locked up. Make sure loaded firearms are NOT available in ANY house where your child plays. Do not hesitate to question parents of playmates.

Helmets should be used when riding a bicycle, skateboarding, riding a scooter, etc. Supervise your child at all times.

Always use an approved car seat/booster seat.

Teach your child to swim and watch your child without interruption while in or near water.

Smoke alarms are advised on each level of your home. Have a family fire drill and designated meeting place outdoors.

Your child should know their full name, address, and phone number of a family member that can be easily reached during an emergency.

A Few Words on Being a Parent

The support, love, and protection you have established is especially important as children face the new world of school away from home. Try to allow your child to express his or her feelings, both the positive and the negative ones. Laugh and look on the bright side. Laugh together and find fun things to do as family traditions. Continue physical affection. Catch your child being good and praise him or her for accomplishments and just for being special to you. Learn about and support your child's achievements and strengths that school and peers bring out. Plan for some successes and achievements each day.



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The five year old is a special one! If possible take the opportunity re-read Robert Fulghum's "*All I Ever Needed to Know I Learned in Kindergarten*". Share your concerns with us.

Suggested Reading

NEXT CHECKUP: 6 YEARS OF AGE

Please ensure your child's immunizations are completed to this age. If not, please arrange to complete them.