



5 Year Old Information Sheet Londonderry Pediatrics

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Feeding

Your child's appetite may wax and wane, with the majority of his or her foods being carbohydrates. Offer healthy choices, avoiding favorite foods in lieu of what is served at meal time. Eat meals as a family. Continue to provide your child 16-24 ounces of milk per day.

Oral Health

Your child should be brushing twice a day with fluorinated toothpaste. Swallowing fluorinated tooth paste may give them too much fluoride; fluoride should either be in your water or given as a prescription supplement. Your child should see a dentist twice yearly.

Continue to discourage sucking habits

Sleep

Resistance to bedtime may persist, but continue with a night time routine, including putting him or her to bed awake.

Safety

Children greater than forty pounds should be in a belt adjusting booster seat.

Ensure water and playground safety; closely supervise. Reinforce the concept of strangers, personal privacy, good touch and bad touch. Your child should know their phone number and address.

Use bike helmets. Use sunscreen daily. Recheck home safety being sure poisons, medicines, matches, and weapons are well locked up.

Provide a safe after school environment.

If there is an accidental ingestion call the poison control center (1800 222 1222); do not use Syrup of Ipecac.

Introduce the concept of fire safety, forming an emergency escape plan and check smoke and carbon monoxide detectors frequently. Have family fire drills.

Activities

Praise and encourage your child. Listen to and respect their thoughts and feelings. Encourage socialization, exploration and physical activity.

Play and read together. Limit screen time to 1-2 hours per day. Model good behavior and affection.

Assign a simple chore for your child to do at home.

Behavior

Continue to provide boundaries around behaviors using time out when needed. Set reasonable expectations while praising good behaviors.

Help your child learn right from wrong; teach them family rules and about respect for authority. Help your child with difficult emotions and how to resolve conflicts.

School

Meet with your child's kindergarten teacher as you introduce your youngster to their new school.

Illness

Signs of illness may include fever, failure to eat, vomiting, diarrhea, irritability, lethargy, rash, or cough. If your child experiences one of these symptoms or you are concerned, feel free to call our office for advice or an appointment.