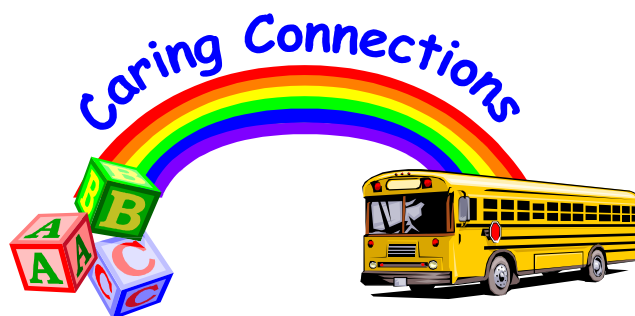


Age: 5 Years

HEALTH TRACKS

A Newsletter from Caring Connections and Otter Tail County Public Health



Greetings!

Can you believe that your child is 5 years old and you're thinking about school readiness? School readiness is affected by a number of areas which we'll review in this newsletter. You're still the teacher at home, though, so enjoy those "teachable" moments.

Your Child's Health Care



Well-Child Check-ups:

Your child should have a complete physical exam before starting kindergarten. Along with this, a dental appointment is recommended. Help your child realize that these are friendly, helpful places to visit. It may be helpful to check out a book from the library or health care provider's office that tells about visits to the health care provider or dentist.

Immunizations (shots):

It is time for your child to have kindergarten immunizations, if they have not been given after the 4th birthday.

- DTaP
- IPV
- MMR
- Varicella

These are the last immunizations until 12 years of age.

Your Growing Child



At age 5, your child should be able to:

- play organized games
- follow a 3-step direction
- cut with scissors
- copy familiar shapes
- draw a person with 6-8 body parts
- catch a bounced ball
- count to 10
- swing, climb and hop.

Common Health Concerns



Runny and stuffy noses, coughs and earaches seem to be going on forever for parents whose children seem to catch everyone else's cold. The biggest defense your child has in preventing illness is to **wash their hands**. Hands should be washed before meals and after using the bathroom. Just imagine how many germs there are floating around a kindergarten room!

See your health care provider if your child:

- has a fever for 24 hours
- has an earache
- has vomiting and/or diarrhea that does not improve in 24 hours.

Positive Parenting



Help develop individuality by:

- ♥ giving your child responsibility for doing basic chores or tasks around the house.

Continue to:

- ♥ praise a job well done
- ♥ observe how your child plays with others and handles confrontation or decision-making
- ♥ play with your child
- ♥ answer your child's questions simply and directly - they don't want to hear lengthy explanations.

REMEMBER:

If your child has not gone through Early Childhood Screening, make sure you do make plans to do that very soon. Call your school to find out dates of screening or call Public Health.