

PARENTING | THE | PRESCHOOLER

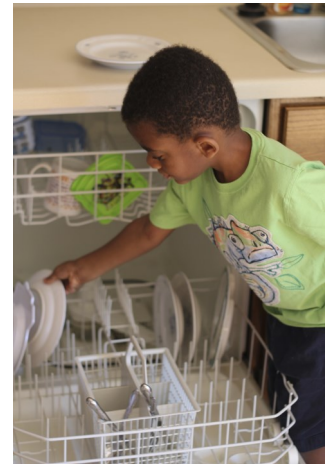
Because kids don't come with an instruction manual

Age 5

fyi.uwex.edu/parentingthepreschooler/

Tips for Supporting Development

- ◆ Provide your child with board games, play dough, puzzles, books, glue, scissors, crayons, paper, and blocks to build skills and brain power.
- ◆ Help your child learn new skills such as skipping or swimming. Five-year-olds are ready to try new things and master skills that build confidence.
- ◆ Share stories from diverse cultures. Ask your child to tell you a story.
- ◆ Encourage your child to help with simple chores.
- ◆ Help your child to learn through all of the senses (smelling different scents and feeling fuzzy, silky or scratchy fabric while blindfolded).
- ◆ Discuss safety rules and why they are important. Examples are wearing a bike helmet or holding hands while crossing the street or in a crowd.
- ◆ Build your child's imagination, curiosity, and need to fit in the world by asking "what if?" questions, such as "What if you were taller than a tree?"
- ◆ Help your child through the steps to solve problems when she is upset.



Photograph by Paula Cartwright



Photograph by Timothy O'Brien

Healthy Bodies: Enjoy meals with your child as often as possible. Eat lots of fruits and vegetables as a way to urge your child to eat them, too. Make sure your child gets the rest he needs. Balance screen time with physical activity so your child learns to love being active.



Photograph by Nelly Martinez

Developmental milestones are skills that appear in a certain order for all children. Each child will reach these milestones at different rates. Developmental milestones help parents understand what to expect as their child grows.

Developmental Milestones

At age 5, watch for your child's ability to:

- Ride a bike with training wheels, swim, skate, and jump rope
- Walk on tiptoes across a room and begin to skip
- Tell riddles and jokes
- With practice, catch a medium size ball
- Say full name, address, and birthday
- Print some letters of the alphabet without examples to copy
- Draw a person with a head, body, arms, legs, and other body parts
- Use scissors to cut out shapes
- Count to 20 and name colors
- Take turns often during play and share more
- Express feelings and have friendships

What is developmental screening?

Developmental screening can help you determine if your child is developing on track for his or her age. It's a way to check if there are any problems in how your child learns, plays, speaks, or acts.

Ask your child's doctor, child-care provider, early childhood teacher, or home visitor about doing a developmental screening. There are tools that have been developed just for parents to use with their children. Find one for your child's age at: <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>.

Parents who have used a developmental screening tool with their children say it helped them learn more about child development. It's great hands-on parenting!

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



[Link To References](#)

For more information, please contact Polk County UW-Extension:
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