



Bright Futures Parent Handout

5 and 6 Year Visits

Here are some suggestions from Bright Futures experts that may be of value to your family.

ORAL HEALTH

Healthy Teeth

- Help your child brush his teeth twice a day.
 - After breakfast
 - Before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss her teeth once a day.
- Your child should visit the dentist at least twice a year.

SCHOOL READINESS

Ready for School

- Take your child to see the school and meet the teacher.
- Read books with your child about starting school.
- Talk to your child about school.
- Make sure your child is in a safe place after school with an adult.
- Talk with your child every day about things he liked, any worries, and if anyone is being mean to him.
- Talk to us about your concerns.

MENTAL HEALTH

Your Child and Family

- Give your child chores to do and expect them to be done.
- Have family routines.
- Hug and praise your child.
- Teach your child what is right and what is wrong.
- Help your child to do things for herself.
- Children learn better from discipline than they do from punishment.
- Help your child deal with anger.
 - Teach your child to walk away when angry or go somewhere else to play.

NUTRITION AND PHYSICAL ACTIVITY

Staying Healthy

- Eat breakfast.
- Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
- Limit candy, soft drinks, and high-fat foods.
- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Limit TV time to 2 hours a day.
- Do not have a TV in your child's bedroom.
- Make sure your child is active for 1 hour or more daily.

SAFETY

Safety

- Your child should always ride in the back seat and use a car safety seat or booster seat.
- Teach your child to swim.
- Watch your child around water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in a hallway near every sleeping area.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- Teach your child about how to be safe with other adults.
 - No one should ask for a secret to be kept from parents.
 - No one should ask to see private parts.
 - No adult should ask for help with his private parts.

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org



American Academy of Pediatrics



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Your Child at 5 Years



Child's Name _____

Child's Age _____

Today's Date _____

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 5th birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What Most Children Do at this Age:

Social/Emotional

- Wants to please friends
- Wants to be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Is aware of gender
- Can tell what's real and what's make-believe
- Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])
- Is sometimes demanding and sometimes very cooperative

Language/Communication

- Speaks very clearly
- Tells a simple story using full sentences
- Uses future tense; for example, "Grandma will be here."
- Says name and address

Cognitive (learning, thinking, problem-solving)

- Counts 10 or more things
- Can draw a person with at least 6 body parts
- Can print some letters or numbers
- Copies a triangle and other geometric shapes
- Knows about things used every day, like money and food

Movement/Physical Development

- Stands on one foot for 10 seconds or longer
- Hops; may be able to skip
- Can do a somersault
- Uses a fork and spoon and sometimes a table knife
- Can use the toilet on her own
- Swings and climbs

Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't show a wide range of emotions
- Shows extreme behavior (unusually fearful, aggressive, shy or sad)
- Unusually withdrawn and not active
- Is easily distracted, has trouble focusing on one activity for more than 5 minutes
- Doesn't respond to people, or responds only superficially
- Can't tell what's real and what's make-believe
- Doesn't play a variety of games and activities
- Can't give first and last name
- Doesn't use plurals or past tense properly
- Doesn't talk about daily activities or experiences
- Doesn't draw pictures
- Can't brush teeth, wash and dry hands, or get undressed without help
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to www.cdc.gov/concerned or call 1-800-CDC-INFO.

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

www.cdc.gov/actearly

1-800-CDC-INFO



Learn the Signs. Act Early.

Su Hijo de 5 Años



Nombre del niño _____

Edad del niño _____

Fecha de hoy _____

La manera en que su hijo juega, aprende, habla y actúa nos ofrece pistas importantes sobre cómo se está desarrollando. Los indicadores del desarrollo son las cosas que la mayoría de los niños pueden hacer a una edad determinada.

Marque los indicadores del desarrollo que puede ver en su hijo cuando cumple 5 años de edad. En cada visita médica de su hijo, lleve esta información y hable con el pediatra sobre los indicadores que su hijo alcanzó y cuáles son los que debería alcanzar a continuación.

¿Qué Hacen los Niños a Esta Edad?

En las áreas social y emocional

- Quiere complacer a los amigos
- Quiere parecerse a los amigos
- Es posible que haga más caso a las reglas
- Le gusta cantar, bailar y actuar
- Está consciente de la diferencia de los sexos
- Puede distinguir la fantasía de la realidad
- Es más independiente (por ejemplo, puede ir solo a visitar a los vecinos de al lado) [para esto todavía necesita la supervisión de un adulto]
- A veces es muy exigente y a veces muy cooperador

En las áreas del habla y la comunicación

- Habla con mucha claridad
- Puede contar una historia sencilla usando oraciones completas
- Puede usar el tiempo futuro; por ejemplo, “la abuelita va a venir”
- Dice su nombre y dirección

En el área cognitiva (aprendizaje, razonamiento, resolución de problemas)

- Cuenta 10 o más cosas
- Puede dibujar una persona con al menos 6 partes del cuerpo
- Puede escribir algunas letras o números
- Puede copiar triángulos y otras figuras geométricas
- Conoce las cosas de uso diario como el dinero y la comida

En las áreas motora y de desarrollo físico

- Se para en un pie por 10 segundos o más
- Brinca y puede ser que dé saltos de lado
- Puede dar volteretas en el aire
- Usa tenedor y cuchara y, a veces, cuchillo
- Puede ir al baño solo
- Se columpia y trepa

Reaccione pronto y hable con el doctor de su hijo se el niño:

- No expresa una gran variedad de emociones
- Tiene comportamientos extremos (demasiado miedo, agresión, timidez o tristeza)
- Es demasiado retraído y pasivo
- Se distrae con facilidad, tiene problemas para concentrarse en una actividad por más de 5 minutos
- No le responde a las personas o lo hace solo superficialmente
- No puede distinguir la fantasía de la realidad
- No juega a una variedad de juegos y actividades
- No puede decir su nombre y apellido
- No usa correctamente los plurales y el tiempo pasado
- No habla de sus actividades o experiencias diarias
- No dibuja
- No puede cepillarse los dientes, lavarse y secarse las manos o desvestirse sin ayuda
- Pierde habilidades que había adquirido

Dígale al médico o a la enfermera de su hijo si nota cualquiera de estos signos de posible retraso del desarrollo para su edad, y converse con alguien de su comunidad que conozca los servicios para niños de su área, como por ejemplo la escuela pública más cercana. Para obtener más información, consulte www.cdc.gov/preocupado o llame 1-800-CDC-INFO.

Tomado de CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Quinta Edición, editado por Steven Shelov y Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 por la Academia Americana de Pediatría y BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, tercera edición, editado por Joseph Hagan, Jr., Judith S. Shaw y Paula M. Duncan, 2008, Elk Grove Village, IL: Academia Americana de Pediatría. Esta lista de verificación de indicadores del desarrollo no es un sustituto de una herramienta de evaluación del desarrollo estandarizada y validada.

www.cdc.gov/pronto

1-800-CDC-INFO



Aprenda los signos. Reaccione pronto.

5 Years



5 YEARS

Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most major injuries!**

At age 5, your child is learning to do many things that can cause serious injury, such as riding a bicycle or crossing a street. Although children *learn fast*, they still cannot judge what is safe. You must protect your child. You can prevent common major injuries by taking a few simple steps.

Bike Safety

Your child should always wear a helmet when riding a bike. Buy the helmet when you buy the bike! **Make sure your child wears a helmet every time he or she rides.** A helmet helps prevent head injuries and can save your child's life.

Never let your child ride a bike in the street. **Your child is too young to ride in the street safely.**

Be sure that the bike your child rides is the right size. Your child must be able to place the balls of both feet on the ground when sitting on the seat with hands on the handlebars. Your child's first bicycle should have coaster brakes. Five-year-olds are often unable to use hand brakes correctly.

Street Safety

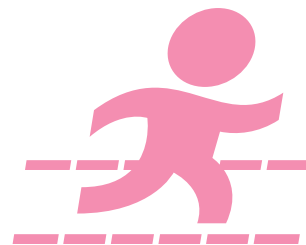
Your child is in danger of being hit by a car if he or she darts out into the street while playing. Take your child to the playground or park to play. Show your child the curb and **teach him or her to always stop at the curb and never cross the street without a grown-up.**

Water Safety

Now is the time to teach your child to swim. Even if your child knows how to swim, **never let him or her swim alone.**

Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. **NEVER** let your child swim in canals or any fast-moving water.

Teach your child to never dive into water unless an adult has checked the depth of the water. **And when on any boat, be sure your child is wearing a life jacket.**



(over)

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Fire Safety

Household fires are a threat to your child's life, as well as your own. **Install smoke alarms on every level** in your house, especially in furnace and sleeping areas, and **test the alarm every month**. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries once a year.

Teach your child not to play with matches or lighters, and keep matches and lighters out of your child's reach. Also, do not smoke in your home. Many home fires are caused by a lit cigarette that has not been put out completely.



Car Safety

Car crashes are one of the **greatest dangers** to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death.

To prevent these injuries, correctly USE a car safety seat or belt-positioning booster seat and seat belt EVERY TIME your child is in the car. Your child should use a car safety seat with a harness until he reaches the seat's upper weight limit or his ears come to the top of the seat, and then he should use a belt-positioning booster seat. Your child is not big enough to fit in the adult seat belt yet. **The safest place for all children to ride is the back seat**. Set a good example. Make sure you and other adults buckle up, too!



Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. Handguns are especially dangerous. It is best to keep all guns out of the home. If you choose to keep a gun, it should be kept unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.



Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR. Be prepared...for your child's sake!

SAFETY IN A KID'S WORLD

Dear Parent: Your child is old enough to start learning how to prevent injuries. The games below are designed to help your child think about safety. Read the messages with your child and talk about them together. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other what it says. Make safety a big part of your lives.

Bike Safety


Always wear a

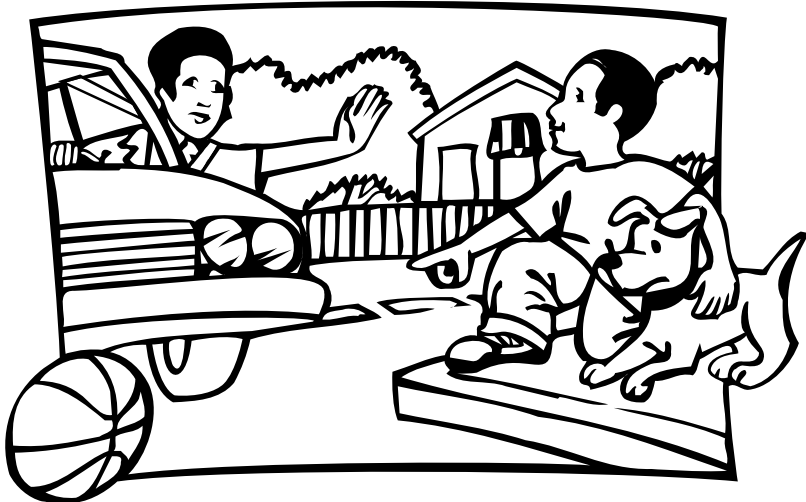


when you ride your
Get the Helmet Habit!

Street Safety

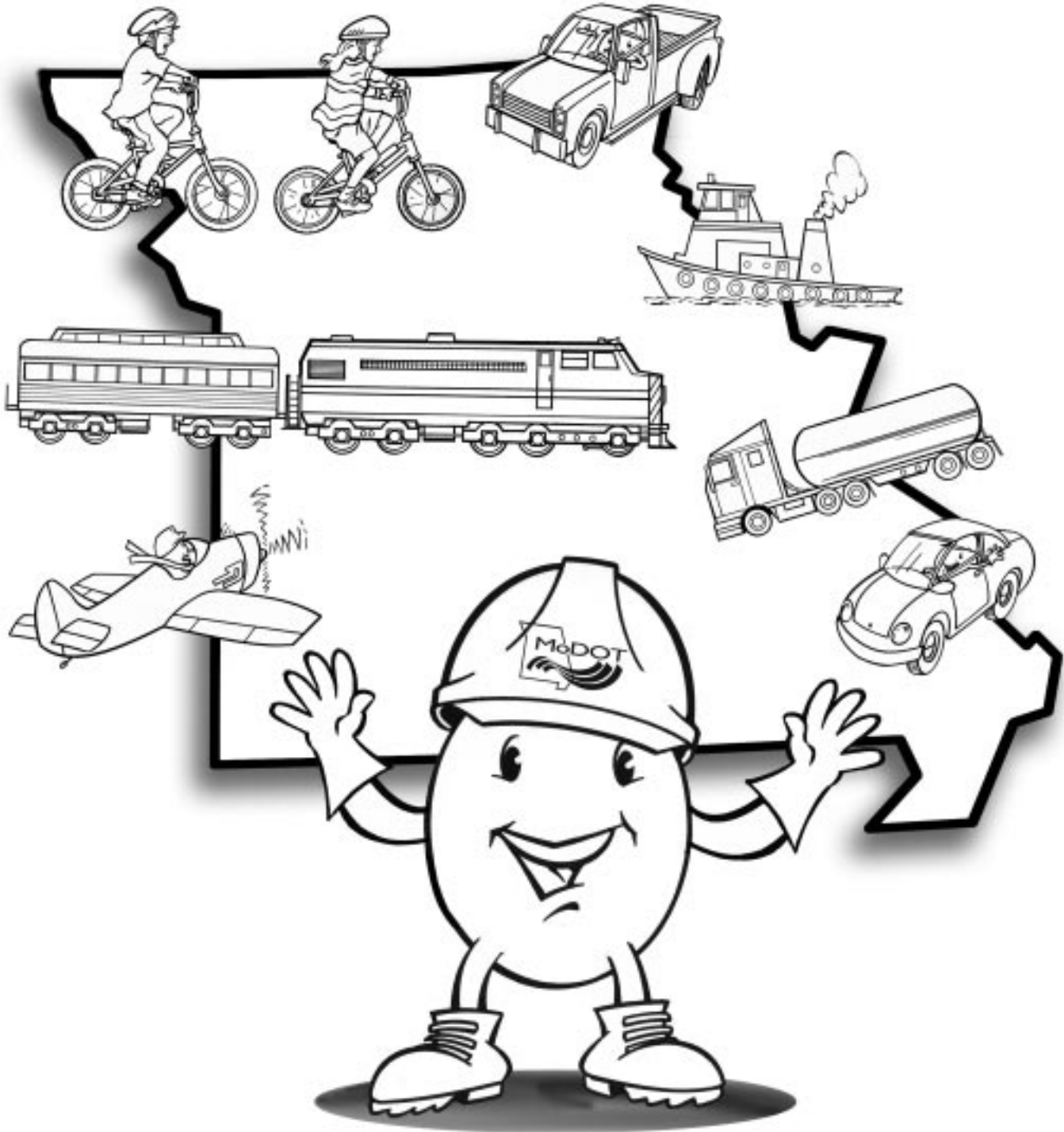
Never run into the street. The street is not safe for kids.

When you come to the curb... 
Directions: Show John the curb.
Color the curb. Then color the picture.



The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

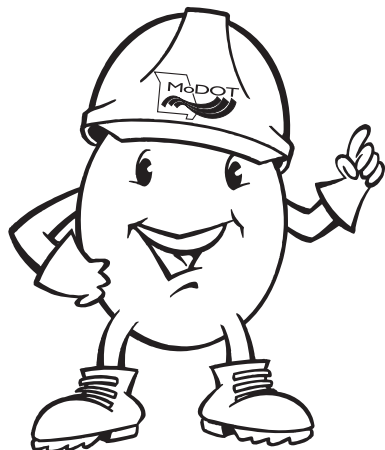
Traveling Safely with Mo



The Missouri Department of Transportation works to provide Missourians with the safest and best transportation system possible. There are more than 32,000 miles of roads and highways and 10,000 bridges around the state. In addition to designing, building and maintaining roads and bridges, MoDOT helps improve airports, river ports, railroads, public transit systems plus pedestrian and bicycle travel.

MoDOT workers have many responsibilities. For example, during snow and ice storms, crews plow snow off the highways and spread salt and sand to prevent cars from skidding. They repave roads before they wear out, repaint pavement markings before they begin to fade and fill potholes. MoDOT engineers design and build new turn lanes and travel lanes. They also plan for and install traffic signs and signals.

A lot of what we do at MoDOT makes it safer to travel on our roadways. It takes your help too. Knowing what traffic signs mean, how to ride your bike safely, and buckling up all make you safer when you travel.



Join me and color your way to safer travel.

Mo



Buckle up your safety belt; wear it low and tight.
Shoulder belt on your shoulder. Keep it done up right.



Mo says:

Remember to wear your helmet straight so it protects your forehead.

And fasten the chin strap so it doesn't slip out of place.



A helmet is as much a part of the bicycle as the handlebars and tires. Don't ride without it!

Home Sweet Home Maze

Help Mo as he shows the driver the safe way home.

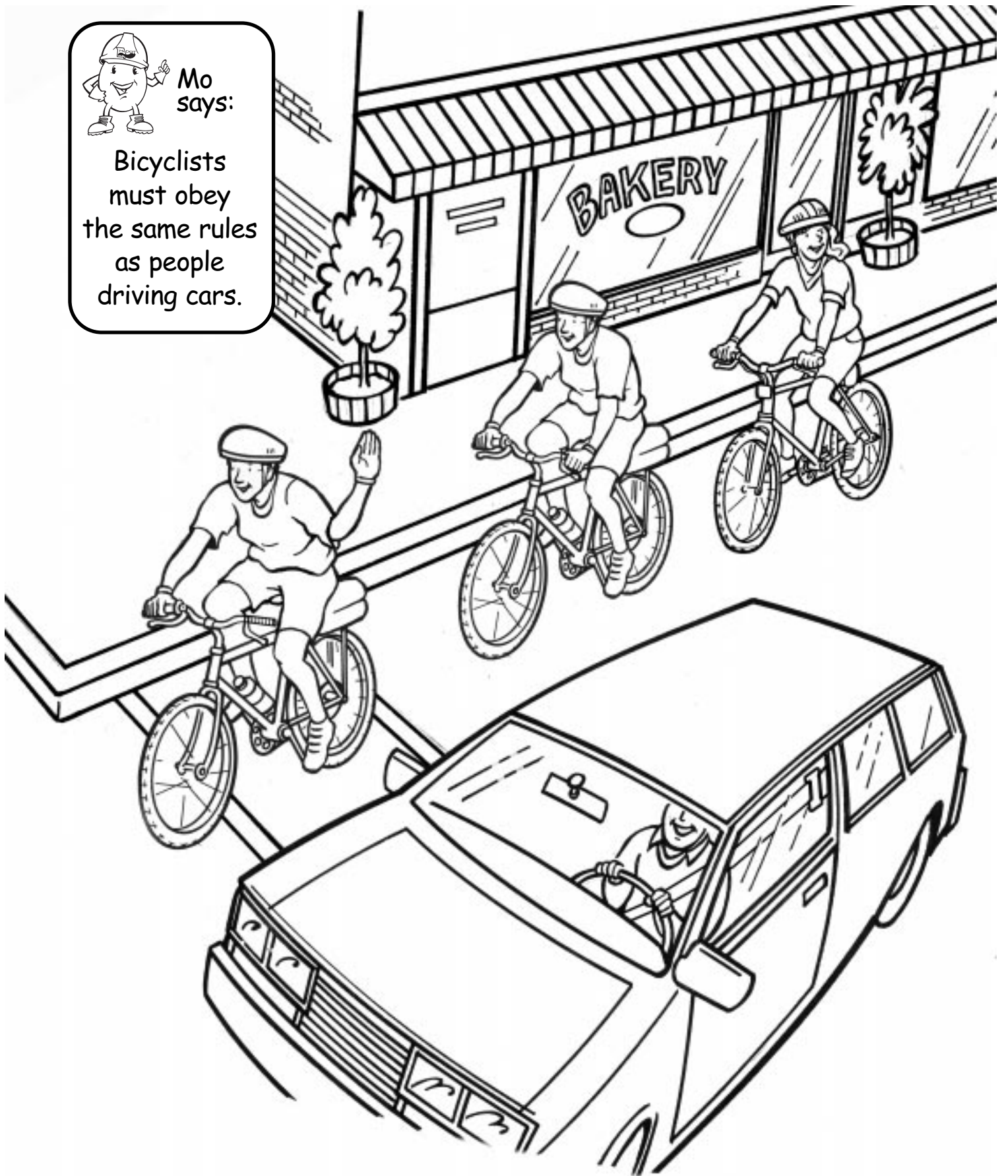
Be careful in work zones and obey the posted traffic signs.





Mo
says:

Bicyclists
must obey
the same rules
as people
driving cars.



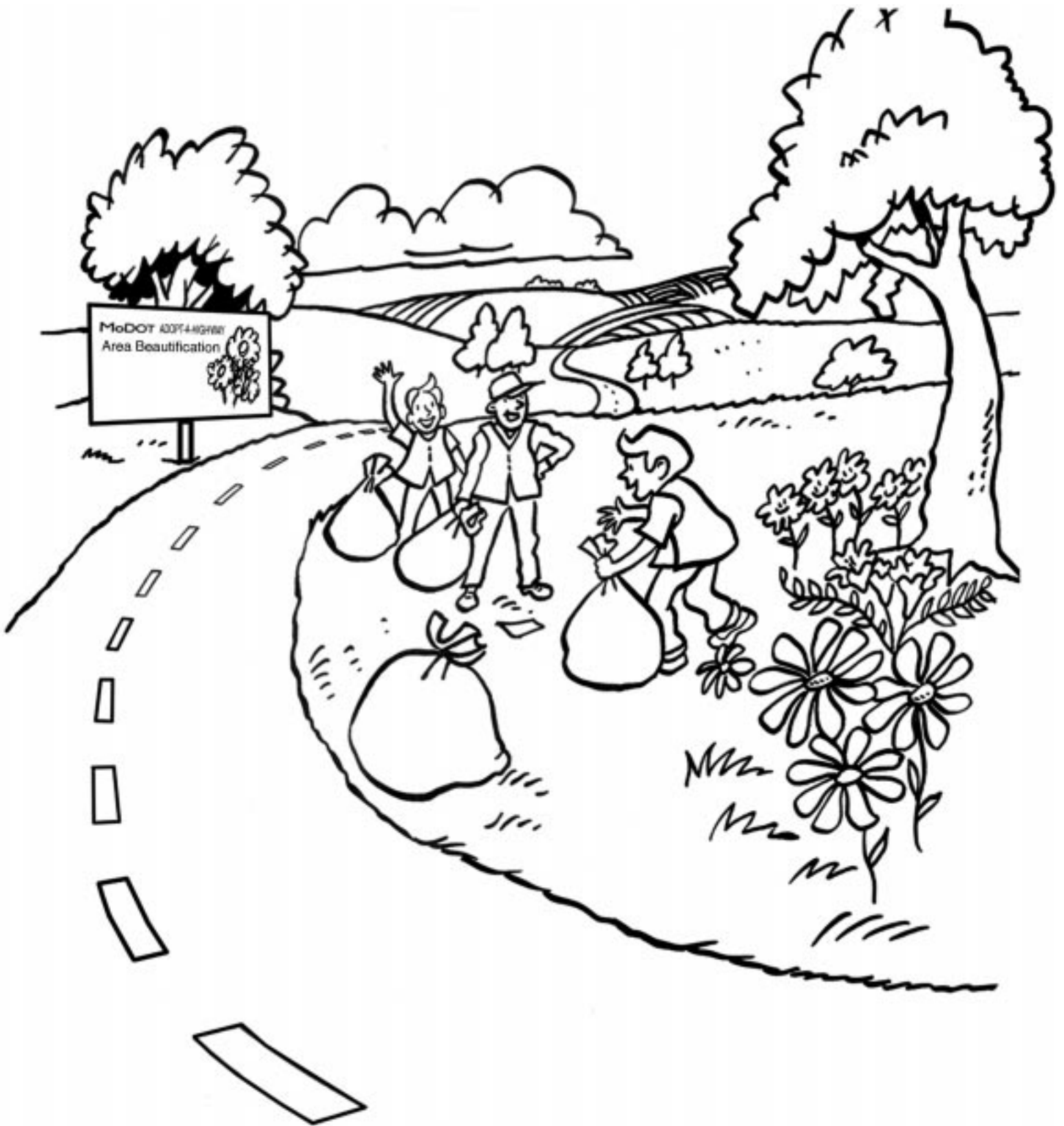
Obey every sign and each signal light.
Flow with the traffic and stay to the RIGHT.

What Is The Speed Limit?

Certain signs tell drivers the maximum speed they're allowed to drive. Sometimes drivers may need to drive even slower if the road is slick or they're in a work zone. The next time you see a speed limit sign, draw the number you see on the sign below.

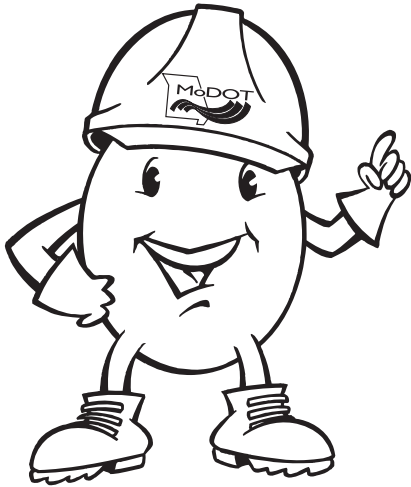


**SPEED
LIMIT**



Trash on our roadways can be dangerous and also looks bad. The Adopt-A-Highway program allows people to help improve our environment and make roads safer. Help keep Missouri litter-free. Properly dispose of your trash.

Unscramble the words below to reveal Mo's message!



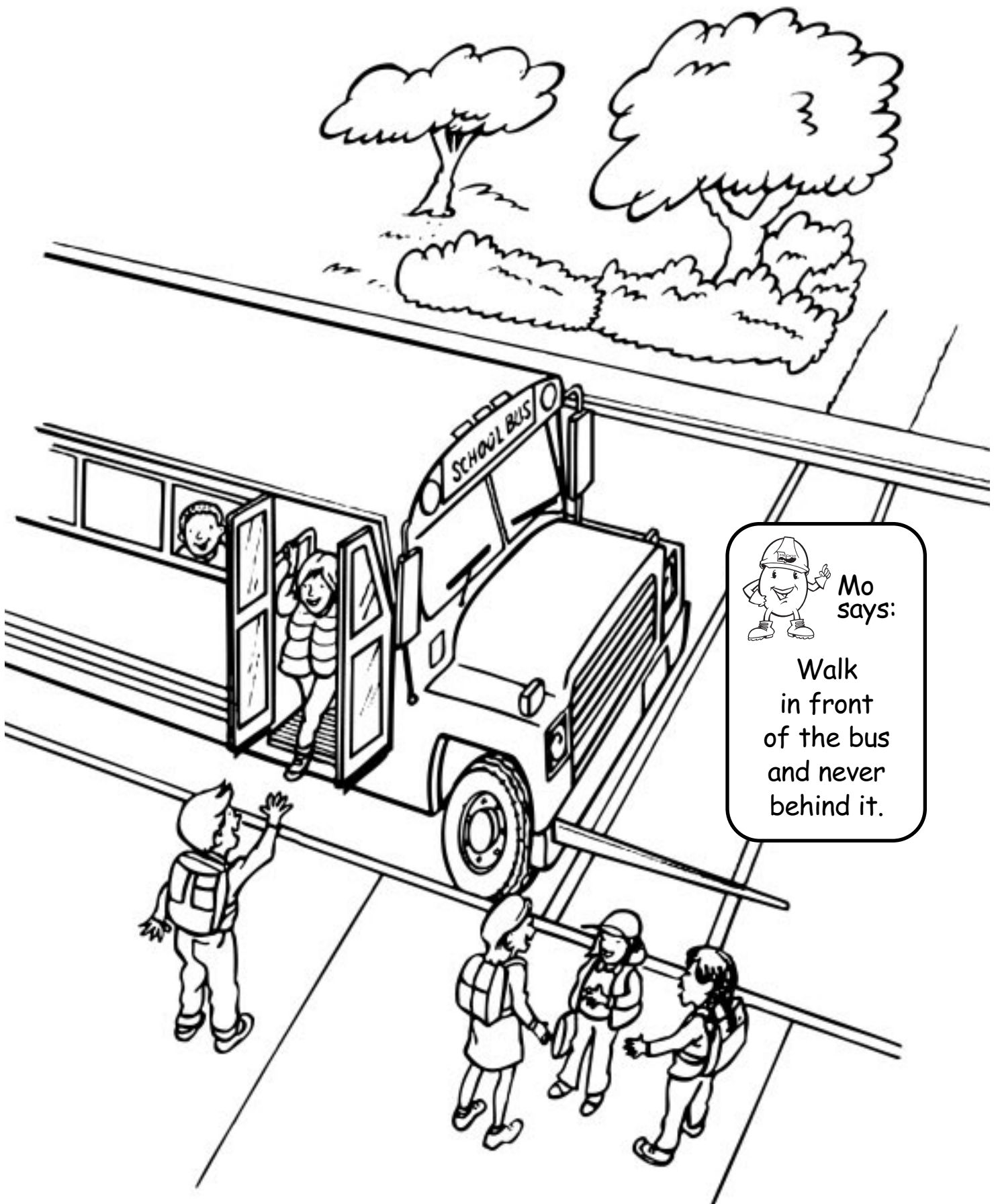
Ywslaa ookl
ohtb aysw
eboref grocsisn
het terets.

— — — — — — — — — —

— — — — — — — —

— — — — — — — — — — — — — —

— — — — — — — — — — .



Mo says:

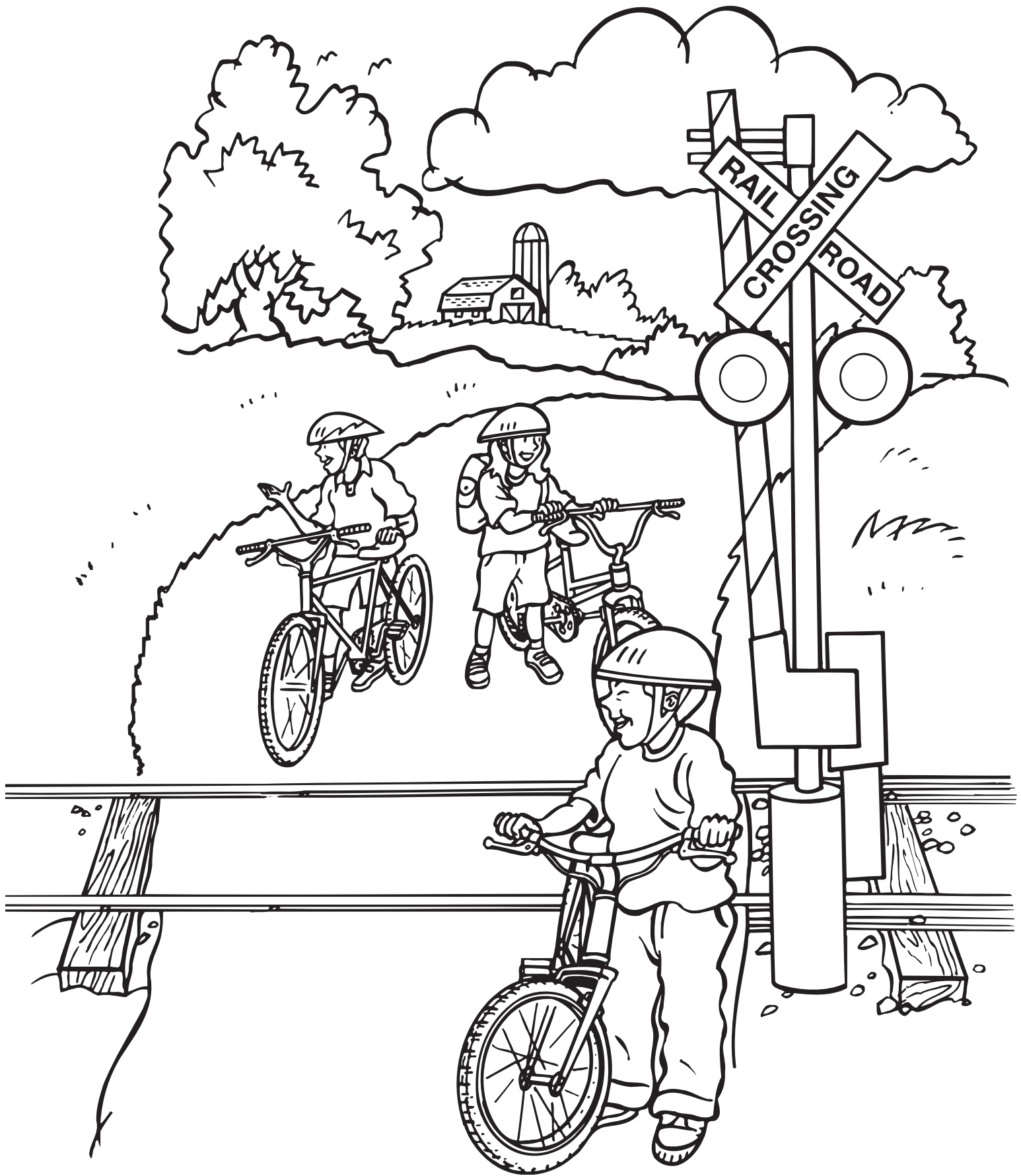
Walk
in front
of the bus
and never
behind it.

Cross where you can see and be seen by the bus driver.
Whether you're waiting for the bus or crossing the street
in front of it, always stay 5 giant steps away from the bus.



Mo says:
Before you step off
the curb to cross,
stop and look left, right
and left to see if
cars are coming.

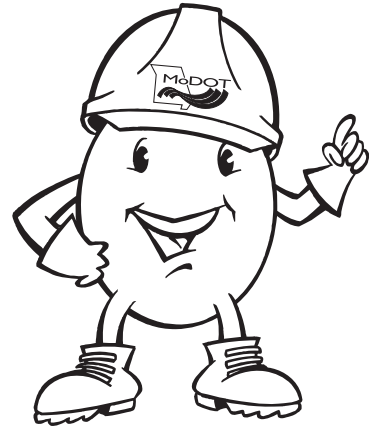
Stop, look and listen before you cross the street.
First use your eyes and ears before you use your feet.



At train tracks, we stop, look and listen for moving trains, bumping and hissing.

Double Puzzle

First, unscramble each of the clue words.



--	--	--	--	--	--

6

--	--	--	--	--

7 3

--	--	--	--	--	--

8

--	--	--	--	--	--

5

--	--	--	--	--	--	--

14

--	--	--

16 11

--	--	--	--	--	--

1 4

--	--	--	--

1

--	--	--	--	--	--

12

--	--	--	--

2

--	--	--	--	--	--	--

15

--	--	--	--	--	--	--	--

13 17

Then, copy the letters in the numbered boxes above to boxes below with the same number.

--	--	--	--	--	--	--

1 2 3 4 5 6

--	--

7 8



--	--

1



--

1 1

--	--	--

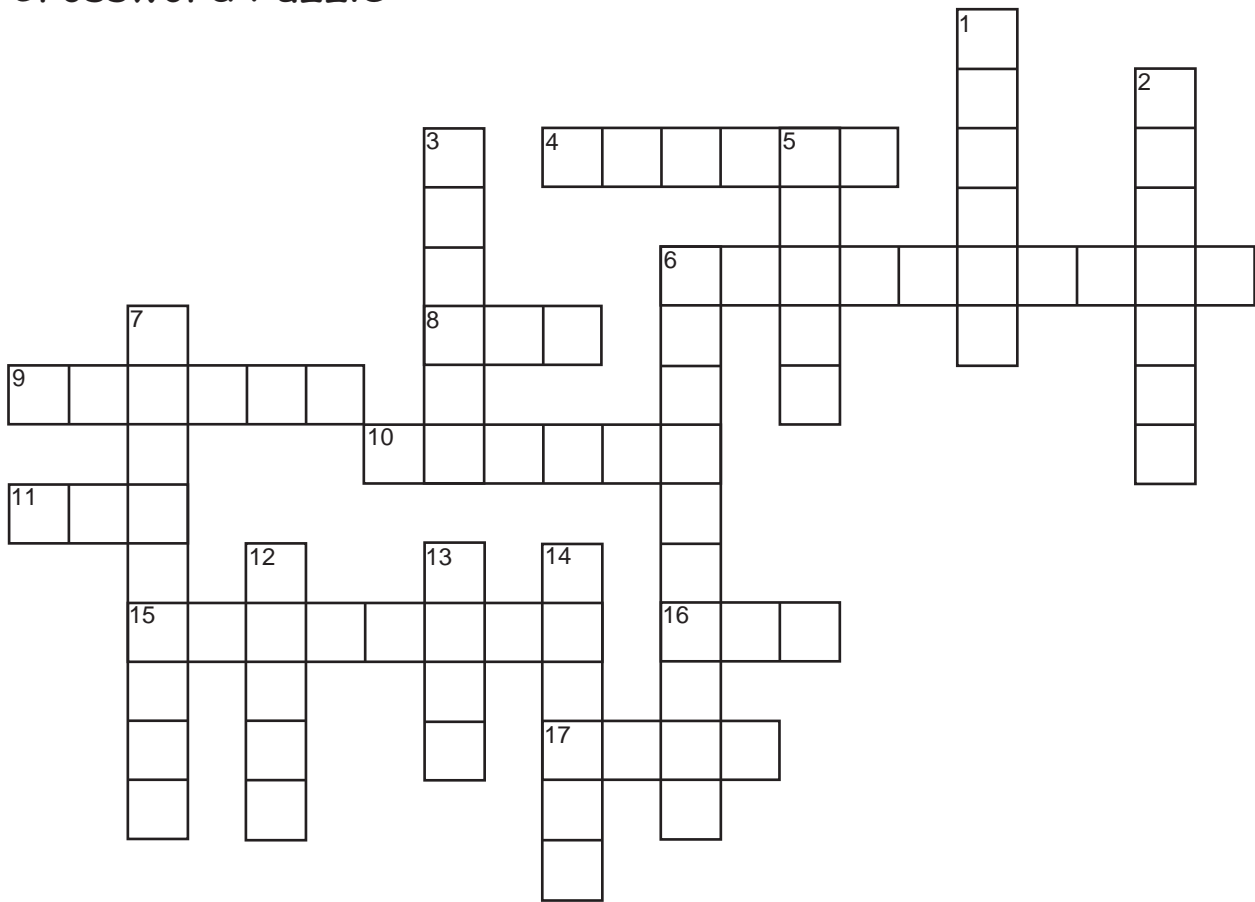
12 13 14

--	--	--

15 16 17



Crossword Puzzle



Across

4. A house for your car
6. Drivers should not go faster than this
8. Scooby Doo's "Mystery Machine" is one
9. Look both ways before crossing the _____.
10. Over the river
11. Pump product
15. Watch for Road Crews in a _____.
16. One way to get to school
17. Distance, to drivers

Use the clues to fill in the words that go across and down the puzzle above.

Each box gets one letter.

Down

1. On the bus they go round-and-round
2. "Gentlemen, start your _____!"
3. Person behind the wheel
5. Red light, _____ light
6. Make it click
7. The safest place to cross the street
12. An elephant has one
13. Engine cover
14. Head gear

Word Find - Bicycling Terms

The bicycling terms listed below can all be found in this puzzle.
Circle each word you find. The words may be in any direction:
left, right, up, down, or diagonal.



L L E R C R B A W X V S
A F Z N E I L N A J J E
D E O N C F F I G K K K
E I R Y B S L F S B U A
P O C R I S W E A T C R
C L U G I I R N C R E B
E C N H M D E M P T T N
J A J M H E L M E T O T
L O C Q Q W G T I E O R
N O I T U A C F U J Z B
W G C V J L T E E R T S
R F P B T K L O O K N T

BICYCLE
BRAKES
CAUTION
CORNER
CURB

HELMET
LISTEN
LOOK
PEDAL
REFLECTOR

SIDEWALK
SIGNAL
STREET
TRAFFIC
TURN

Word Find - Highway Terms

The highway words listed below can all be found in this puzzle. Circle each word or phrase you find. The words may be in any direction: left, right, up, down, or diagonal.

Y N S L H E E W A E R E
S A B A G A O N T N E S
Q J W D F R Z A A V S N
I S I H K E T A M L T E
M R L Z G S T E R V A C
B O O H R I R Y C D R I
X N D E F G H R B U E L
E W T O E I N A O E A A
R N M O T O R C Y C L E
I Q C Z D E T O U R I T
D P G N I V I R D U Z E
M H P H L K C U R T X K



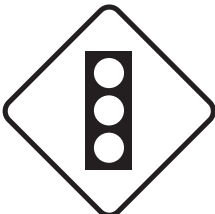
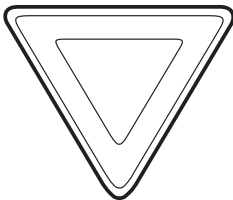
BRIDGE
CAR
DETOUR
DRIVING
HAZARD

HIGHWAY
INTERSTATE
LANE
LICENSE
MERGE

MOTORCYCLE
REST AREA
SAFETY BELT
TRUCK
WORK ZONE

Match the Signs

Traffic signs remind drivers about rules and warn them of dangers. Each sign's shape and color has a special meaning. Match the signs below with their meaning, then color them in.



Stop (red and white)

Tells drivers to come to a complete stop before proceeding.

One Way (black and white)

Tells drivers that traffic is only allowed to go in one direction on that street.

Yield (red and white)

Means you must slow down and let oncoming traffic go by.

Bicycle Crossing (yellow and black)

Tells drivers to yield to bicycle riders who may cross the road.

Slippery When Wet (yellow and black)

Posted near sections of roadway that might become slippery in wet weather.

Signal Ahead (yellow, red and green)

Tells you that a traffic light is ahead and you should be ready to stop.

Pedestrian Crossing (yellow and black)

Tells motorists to yield to people walking in the crosswalk.



Many colorful flowers grow near Missouri's roadsides. The flowers help control erosion and reduce unwanted plants and weeds.

Hidden Message

Color in the letters that have a star, then write those letters in the spaces below to reveal a secret message.

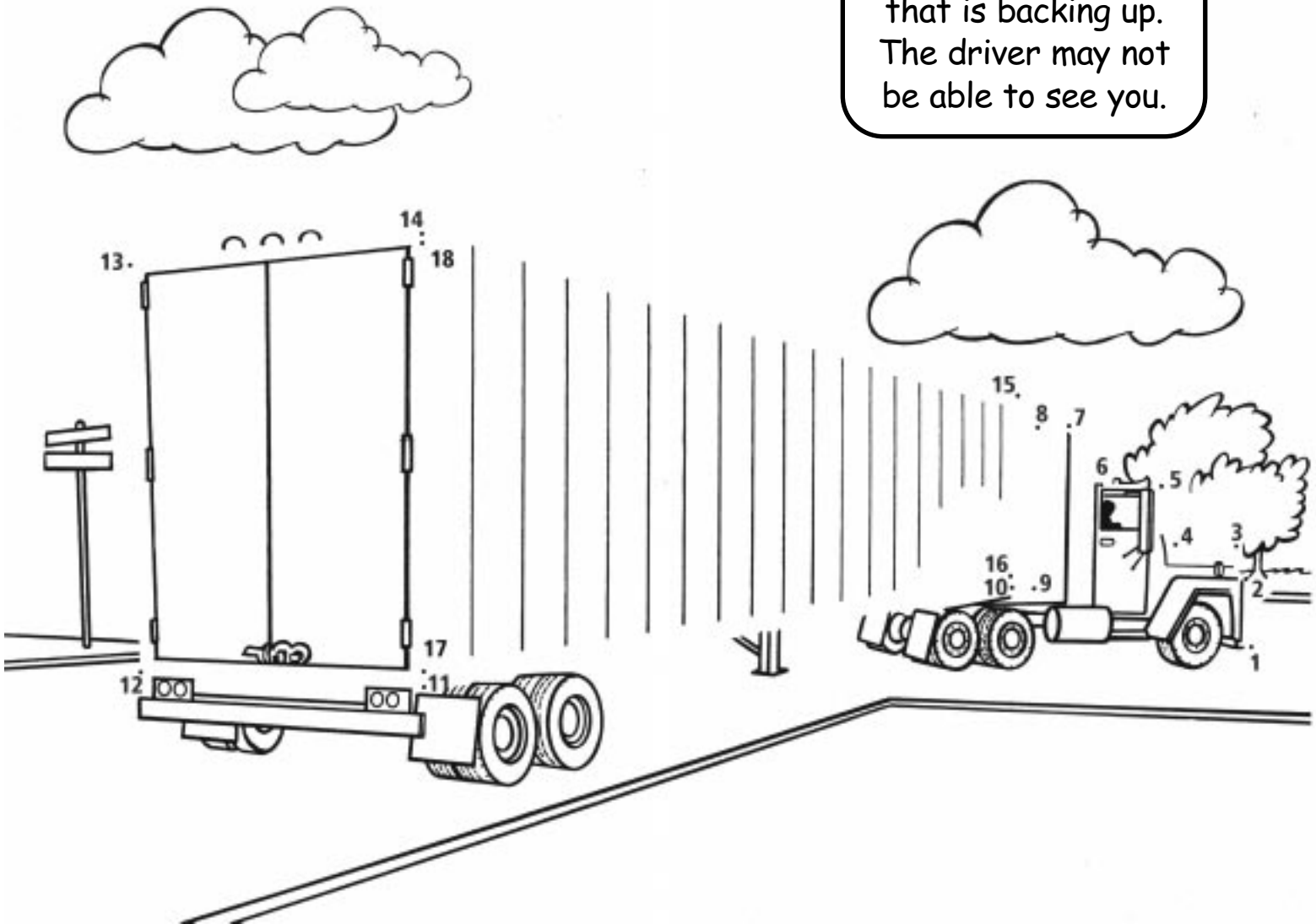


Q W I A C V O P L J C I W
Y R A T M U A Y O B W S
M W Y T Q E Z L L I A C
W R K N V Y F H O N U
U S O R N T H F H E N L
Y L K M T I E Y T C T U W Q
E H J C I K E V C Y N F A Y
B O E T U H D R X Z I S K
I Q A D H E Y D H O T U K
E R T P B F M I G D K R E .



Mo
says:

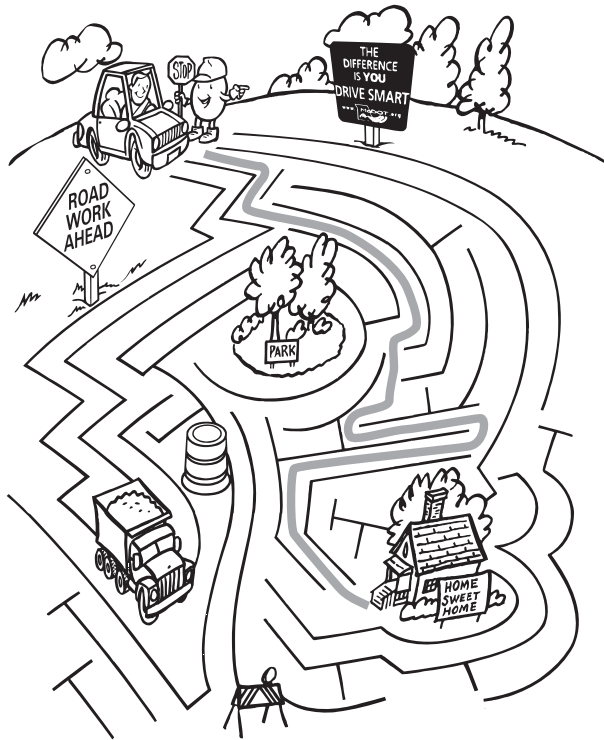
Never cross behind a
truck, van or car
that is backing up.
The driver may not
be able to see you.



Since trucks are long, they need extra room to make right turns. And the heavier the truck, the longer it takes it to stop.

Answer Key

Maze



Unscramble

Always look both ways before crossing the street.

Double Puzzle

S T R E E T
6

T R U C K
7 3

S P E E D
8

L I M I T
5

D R I V E R
14

G A S
16 11

B R A K E S
1 4

T I R E
1

S A F E T Y
12

T U R N S I G N A L
2 15

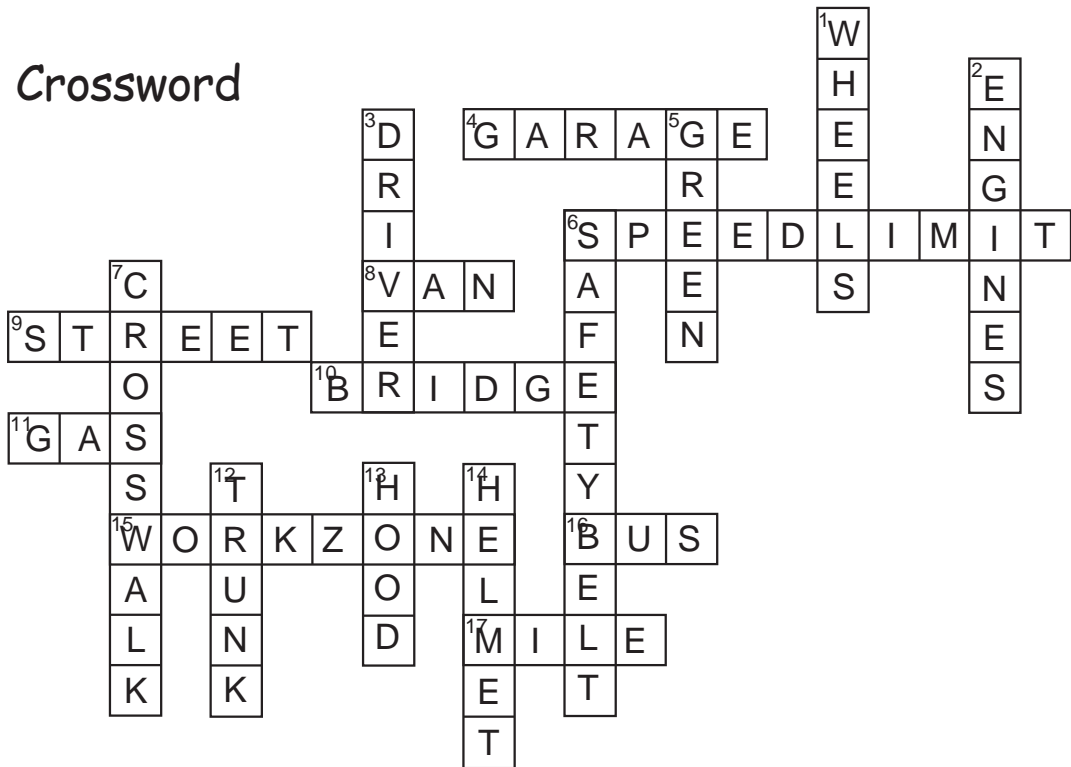
H I G H W A Y
13 17

B U C K L E U P !
1 2 3 4 5 6 7 8

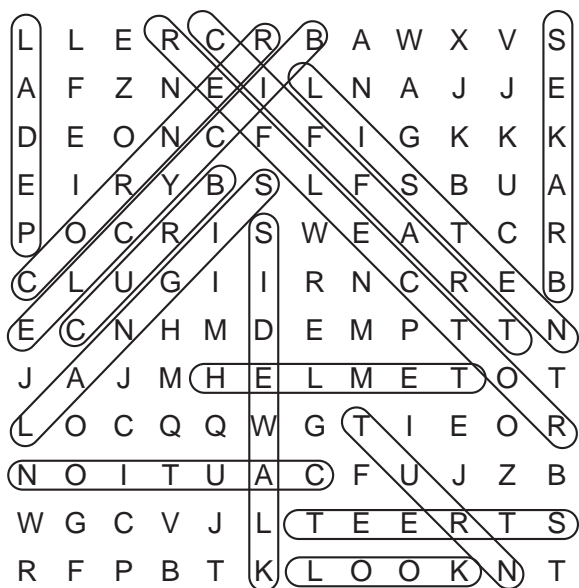
I T ' S T H E L A W .
1 1 1 12 13 14 15 16 17

Answer Key

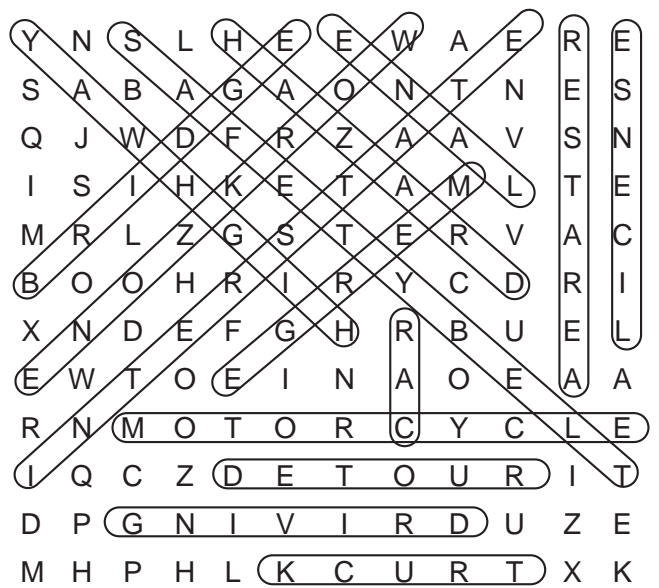
Crossword



Bicycling Terms

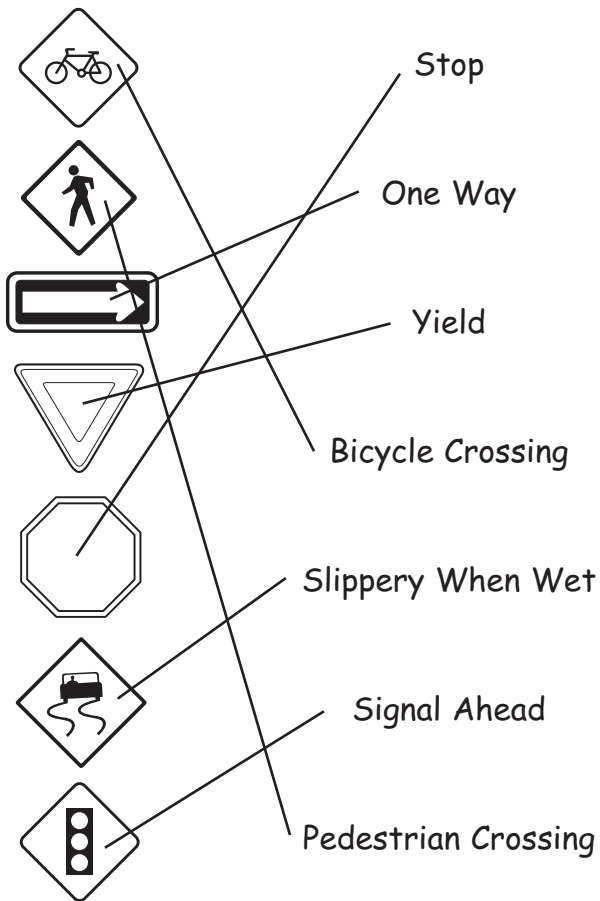


Highway Terms



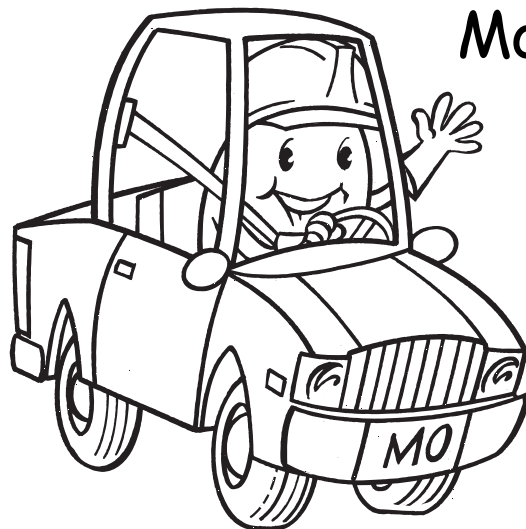
Answer Key

Match the Signs



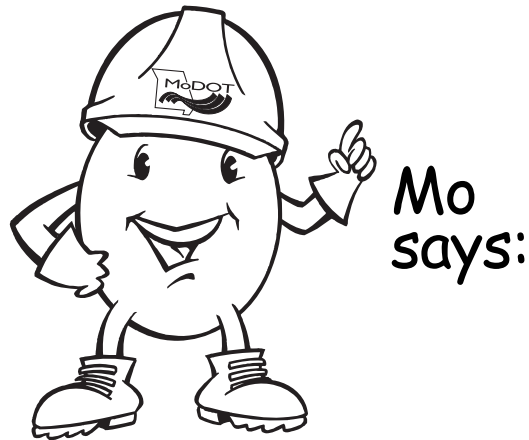
Hidden Message

Always wear your helmet when you ride your bike.



Mo says:

Hope you've enjoyed learning about how to be safe while traveling on Missouri's roads!



Remember, you can make
Missouri's roads a safer place
by being aware and following
the traffic rules.



Missouri Department of Transportation
Highway Safety Division
P.O. Box 270
Jefferson City, MO 65102

573-751-4161
800-800-BELT
www.modot.org