



# Well Visit Guide

*5 Years*

## Nutrition

- Continue offering balanced meals and snacks.
- Appetites may still vary from day to day.
- Think nutrition over a week, not one meal.
- Limit sugary drinks and excess sweets.
- Water and milk remain great primary drinks.

### Helpful Approach

- Eat together when possible.
- Continue variety and repeated exposure.
- Let your child help choose and prepare food.
- Model healthy habits.

## Development

### Many children begin to:

- Speak clearly and tell stories
- Recognize letters or numbers
- Follow multi-step directions
- Hop, skip, climb, and balance well
- Build friendships
- Show empathy
- Take pride in accomplishments

**Milestones happen on a range of timelines.**

## Confidence & Responsibility

**Five year-olds thrive with structure and encouragement.**

- Praise effort, kindness, and persistence
- Offer age-appropriate responsibilities
- Keep routines predictable
- Encourage problem-solving
- Support independence with guidance

### Simple chores can build confidence:

- Making the bed
- Feeding pets
- Sorting laundry
- Putting toys away

**Some families begin giving allowance now. If you would like to:**

- Keep expectations simple
- Focus on learning responsibility

## Sleep & Routine

- Many children need 10 to 13 hours of sleep daily.
- Most no longer nap regularly.
- Quiet downtime may still help; avoid screens close to bedtime.
- Consistent bedtime routines remain valuable.
- Growing minds may still bring fears or nightmares.

*5 Years*



## Play & Learning

**Play builds confidence and learning.  
Try these fun activities:**

- Helping with easy tasks
- Board games
- Art & building projects
- Reading books
- Outdoor play
- Imaginative play
- Sports & movement

**We recommend limited, intentional screen time only. Prioritize play, reading, movement and connection.**



## Body Safety

**Continue calm, open, age-appropriate conversations about:**

- Private body parts
- Saying no
- Trusted adults
- Boundaries
- Telling you when something feels wrong



## Safety

- Use helmets every bike or scooter ride
- Continue to use car seat/booster
- Watch streets and parking lots closely
- Supervise water carefully
- Secure hazards and firearms



## Kindergarten Readiness

**Readiness involves more than academics:**

- Listening skills
- Social interaction
- Following routines
- Emotional regulation
- Curiosity & confidence



## Vaccines & Screenings

**Recommended vaccines or screenings may be discussed today, if due. We are happy to answer questions.**



## Upcoming 6 Year Visit

**We often discuss:**

- School adjustment
- Sleep habits
- Confidence & emotions
- Friendships
- Continued milestones



## When To Call Us

- Major behavior concerns
- Regression in skills
- Anything worrying you
- School readiness concerns
- Persistent sleep struggles