

Your 5 Year Old

Five year olds are becoming more independent. This includes trying out new activities and wanting you to let them do more things on their own. They love to talk and question everything! All of these skills are helping to prepare them for school!

Here are some questions to help us learn more about your child's development. Please check off the things you KNOW your child is doing.
Does your five year old....

- Understand concepts such as: heavier and lighter, smaller and bigger, under and over?
- Answer questions like "What do you do when you are tired?"
- Use complete sentences with at least 5 words?
- Speak in a way that others can understand?
- Throw a small ball overhead with one hand?
- Run and kick a ball?
- Trace shapes on a piece of paper?
- Name the letters in their name?
- Copy or write the letters in their name?
- Know how to sort things by color (i.e.: these are all things that are red....)?
- Pretend to read a book correctly?
- Say their name, age and telephone number?

***Remember that
this is not a TEST
and that all
children develop
and learn
at different
rates and times.***

Do you have any questions about your child's development?

Ideas to help your five year old learn and grow....

Play

- 5 year olds enjoy playing and acting out stories with other children.
- Creative play is important to 5 year olds. Activities such as cutting, gluing, painting and drawing help 5 year olds develop their fine motor skills.
- Counting games are great at this age. You and your child can count cars on the street, socks in the laundry basket, etc.
- Make games out of naming colors and objects. This is fun and helps with language development too!

Talk and Read

- To help your child get ready to read in school, make sure to share books with your child every day. They will enjoy new books but will want you to repeat old favorites as well.
- Help your child problem solve but include them in finding answers to the questions they ask.
- Have fun playing rhyming games with your child.

Provide a Safe and Secure Environment

- Provide your child with a consistent routine every day.
- Make sure your child gets plenty of sleep and eats three healthy meals every day.
- Teach your 5-year old safety rules such as: "Walk with scissors," "Eat slowly," "Follow the grown up/teacher's directions," "Don't talk to strangers."

If your child is five years old, it is time to get ready for school!

In April of the year your child will start school:

- Make a doctor's appointment after March 31 of the year your child will start school.
- Get all immunizations up to date.
- Visit your neighborhood school to register for Kindergarten before school closes for summer.

Before Kindergarten begins:

- Visit the school with your child and practice walking or driving to school.
- Talk positively about school, teachers and new friends.
- Practice questions with your child such as "Where is the bathroom?", " or "Can I have more snack, please?"
- Give your child practice separating from you by having playtime with friends or family, participating in play groups, etc.

When school starts:

- Get to know your child's teacher and visit as often as you can.
- Label all clothes and belongings on the inside.
- Check your child's back pack every day and help with any homework.
- Talk to your child every day about school.

Resources:

For information on resources to help you with finding playgroups, childcare or support around behavioral issues and other parenting concerns call:

- **Bananas** (for Northern Alameda County)
- **4 C's** (for Southern Alameda County)
- **Childcare Links** (for Tri Valley area)
- **Parental Stress**

- **Alameda County Public Health Clearinghouse**

658-7353
582-2189
925-417-8733
N County, 893-9230
Hayward, 562-0148
Fremont, 790-3803
1-888-604-4636

If your child has a disability and you need support call:

Family Resource Network
510-547-7322