

## To help your child learn

- Make up chants, nonsense words, rhymes and songs and encourage your child to help you.
- Provide hats, clothing, and other items to encourage imaginary play. Your child will enjoy "dressing up" and acting out roles of familiar people.
- Collect an assortment of empty plastic bottles and jars with screw on tops. Let the child unscrew all the covers and put them in one pile, mix them up, and replace them on the bottles.
- Provide or make blocks of all sizes out of milk cartons, boxes, or paper sacks stuffed with newspapers. By stacking, building, and matching blocks, she learns about number concepts, relationships, and her physical world.
- Ask your child to talk about something she has made or done. Write down her exact words, saying the words as you write them. When you are finished, read them back to her.
- Take your child for a listening walk. Discuss the birds, grasshoppers, mowers, voices, and other sounds you hear.
- Provide materials for creative expression---paints, crayons, markers, watercolors, clay, etc.

For more information contact your county health department.



"Your Child at 5 Years" is issued by the Oklahoma State Department of Health, as authorized by James M. Crutcher, M.D., M.P.H., Commissioner. 5,000 copies were printed by the Oklahoma State Department of Health in September, 2005 at a cost of \$.04 each. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.



## Your child at 5 years

Your child has learned a lot and has matured. Development may flow a little more smoothly now. Five year olds often want to be "good," please adults, obey, and conform. Your child likes to talk about her experiences. She understands the excitement of discovering the world around her and sees adults as a resource for expanding her mental world. Because of her need to please, she may also want to limit herself to activities where she can succeed.

**Your child has developed many characteristics of her own individuality.**





# What is it like to be 5 years old?

## How I grow

- I enjoy active and energetic play: jungle gym, playing ball, roller skating, jumping rope, and riding a bicycle.
- I enjoy hands-on activities. I learn through touch.
- I like cutting, tracing, drawing, pasting, stringing beads, and making things with small pieces of paper and cloth.
- I have developed a preference for my left or right hand.
- I hold a pencil with 3 fingers.
- I can draw a person with 3 or more parts.
- I use alternate feet when walking downstairs.

## How I talk and understand

- I can tell a story.
- I may have a vocabulary of more than 2,000 words and love to talk.
- I am learning to write and will probably reverse or invert letters.
- Language is now meaningful to me and I like new words and big words. I want to know what they mean.
- I may be able to spell simple words.
- I am a good observer and like to describe objects.
- I think everyone sees the world as I do.
- I may believe that objects are "alive" in the same way that humans are alive.

This flier describes a "typical" child at this age. Children are different and perfectly normal children may do things earlier or later than this description. If you have questions about your child's development, call your county health department. Also, in the interest of fairness, the gender of the child described

## How I get along with others

- I like to role play and can play cooperatively with 2 or 3 other children.
- I may prefer playing with one other child.
- I can play simple board and card games.
- I want to please adults--my parents, friends, and teachers.
- I often need to be first, to win, or to be the best.
- I may say "No one likes me," or "Janie never lets me play.." (These are probably expressions of my feelings rather than real situations.)
- I may "bargain" with my friends: "If you let me swing first, I will let you play with my doll."

## What I have learned

- I understand the difference between past and future, and know when events of my day take place in relation to each other.
- I can name the days of the week.
- I can tell you what day it is but I probably can't tell time.
- I can count up to thirteen objects.
- I can probably name a penny, but not other coins.
- I can figure lots of things out for myself.
- I may fear thunder, sirens, darkness, nightmares, and that my parent will leave and not return.

## What I can do for myself

- I can brush my teeth and wash my hands, but still need help bathing.
- I can go to the toilet by myself, but may occasionally have accidents.

