



# 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)

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



## 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




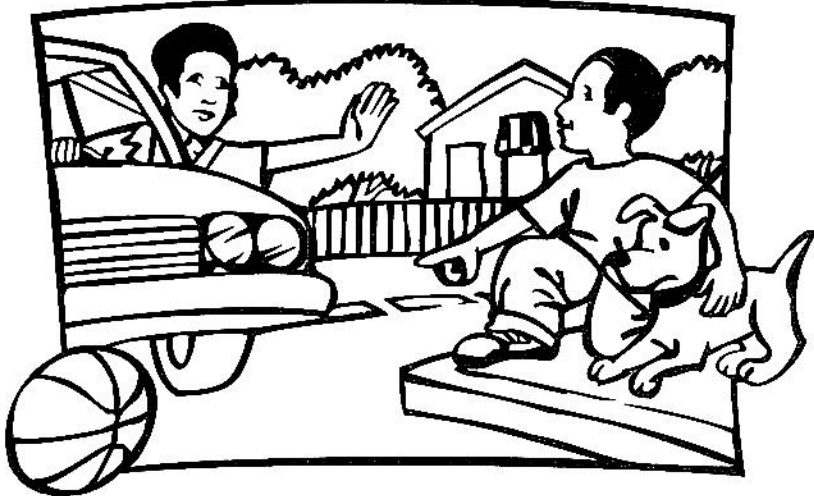
**Get the Helmet Habit!**

## 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.



twelfth visit...

# 5-6 years

## Food for Thought

What does your child eat for breakfast?

What is your child's favorite lunch?

What is your child's favorite snack?

Does your child still drink milk?

What does your child eat after school?

What games does your child like to play?

How much time does your child spend with TV, computer and video games each day?

## Feeding Advice

- Eat a healthy breakfast every day – children who eat breakfast do better in school. Breakfast gives their bodies and brains the energy they need to learn and play. Remember parents that, *breakfast eating parents have breakfast eating kids!*
- Milk, Fruits & Vegetables every day – your child still needs lowfat milk at every meal.
  - Aim for 5 servings of fruit and vegetables every day, include a wide variety of colors and textures.
- Make sure you stock your kitchen and refrigerator with healthy after-school snacks. To quench thirst have milk, water & 100% fruit juice available (limit fruit juice to 4-6 oz./day)
- Serve small portions and let them ask for more.
- Work with your child and plan ahead for meals at school. School lunch and breakfast are healthy and nutritious options when eating at school. When brown-bagging be sure to pack the lunch with your child and include at least 4 out of the 5 food groups.

## Be Active

- Encourage 1 hour of active play each day – throwing, catching, bike riding, skipping, dancing, jumping, running – make physical activity a family routine!
- Limit screen time (TV, computer, electronic games) to less than 2 hours per day.

## Notes:

Child's name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

Healthy

# serving sizes for 4-6 year olds

## grain group ~ 6 servings

Bread	1 slice
Bun, bagels, muffins	1/2
Crackers	4-6
Dry cereal (unsweetened)	1/2 cup
Cooked cereal	1/2 cup
Rice, pasta	1/2 cup

## fruit/vegetable group ~ 5 servings

Whole	1/2-1 small
Cooked, canned or chopped raw	1/2 cup
Juice ~limit 100% fruit juice to	4-6 oz./day

**FRESH FRUITS\*** Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

**FRUIT SMOOTHIES** Blend yogurt, fruit, milk and 100% juice together.

**VEGETABLES\*** Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

\* Use caution when feeding these foods due to a possible choking problem.

## milk group ~ 3 servings

Low fat milk, yogurt	3/4 cup
Cheese	3/4 oz.

## meat group ~ 2 servings

Lean meat, chicken, fish	1-3 T
Dry beans and peas	4-5 T
Peanut butter	1-2 T
Egg	1

## fat group ~ 3-4 servings depending on calorie needs

Margarine, butter, oils, dressings, dips	1 tsp
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# snack

from all

# 5

# food groups

## Fruit\*

Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

### Dried Fruit

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

## Vegetable\*

Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

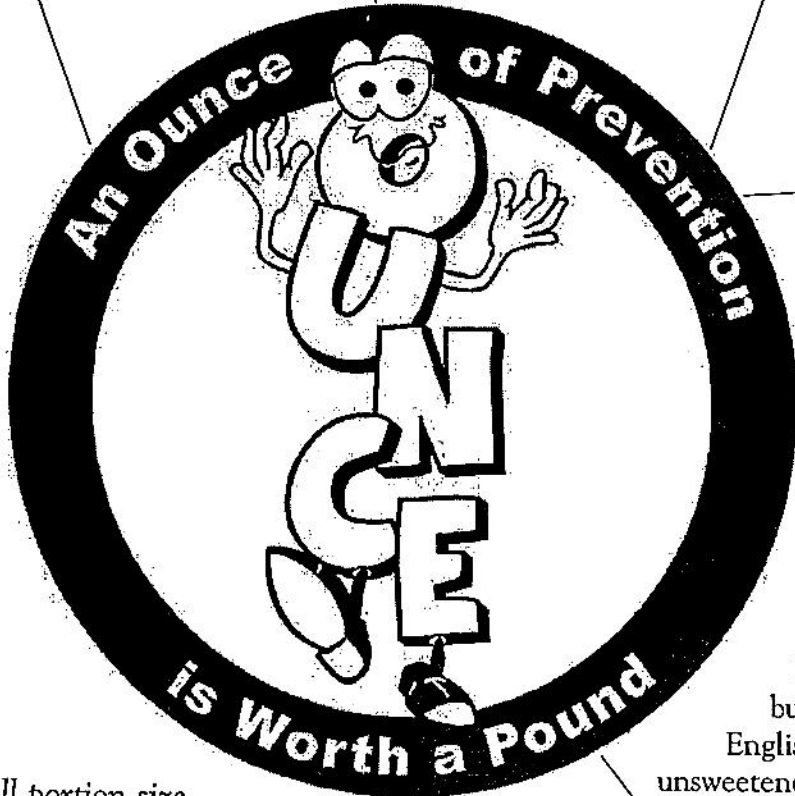
*\* Use caution when feeding these foods due to a possible choking problem.*

## Milk

Milk, cheese (grated or cubed), yogurt (fresh or frozen), pudding.

### Smoothies

Blend yogurt, fruit, milk and 100% juice together.



## Meat

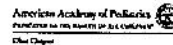
Chicken, tuna or egg salad, ham, hard boiled egg, bean dip, peanut butter, cottage cheese.

## Grain

Plain tortilla, bagel, bun, bread or English muffin, unsweetened cereal, crackers.

Offer small portion size.  
Best not to offer 1 - 2 hours before mealtime.

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## AAP News Parent Plus

INFORMATION FROM YOUR PEDIATRICIAN

### Safe use of insect repellents can minimize itching, scratching

Summer is back, and so are mosquitoes. Before you reach for the insect repellent, review these tips from the American Academy of Pediatrics (AAP). Apply repellents only to exposed skin or clothing, following the directions on the product label.

- The AAP recommends that products containing DEET not be used on children younger than 2 months old. Instead, use mosquito netting with an elastic edge to ensure a tight fit around a stroller.
- Products containing oil of lemon eucalyptus should not be used on children younger than 3 years old.
- Avoid products that contain both repellent and sunscreen because sunscreen generally should be reapplied more often than insect repellent.
- Do not use repellents under clothes.
- Never use repellents over cuts, wounds or irritated skin.
- Do not spray directly on the face; apply with your hands.
- Do not allow young children to apply repellents themselves.
- Do not use sprays in enclosed areas or near food.
- Reapply if washed off by sweating or getting wet.
- Avoid reapplying repellents on young children unless necessary.
- After returning indoors, wash treated skin with soap and water or have the child bathe.
- If your child develops a rash or other reaction from an insect repellent, wash the repellent off with soap and water and contact the child's pediatrician or call the U.S. poison control center at 800-222-1222 for guidance.

Despite your best efforts, your child still may get a mosquito bite. If this happens, tell your child to try not to scratch the area, and dab it with alcohol or calamine. In addition, keep the area clean to prevent skin infections.

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## AAP News Parent Plus

INFORMATION FROM YOUR PEDIATRICIAN

### How to prevent your child from drowning

Some kids can swim well, like fish in the water, but they still are in danger of drowning.

More than 1,000 children die each year from drowning, according to a new study in the journal *Pediatrics*. If a child survives, he likely will have brain damage and long-term disability such as learning problems or not being able to care for himself.

Children ages 0-4 years and adolescent boys are at the highest risk of drowning. Young children are most likely to drown in the bathtub or after accidentally falling into water. The study also found that adolescent boys are four to six times more likely to drown than girls, mostly because they think their swimming skills are better than they really are, and they are more likely to take risks.

Here are some steps parents can take to help prevent their child from drowning.

- Have your child take swimming lessons. Recent evidence shows that swimming lessons for children under 4 years of age will decrease their likelihood of drowning by 88%.
- If you have a pool in your backyard, fence it in on all four sides with self-closing, self-locking gates opening outward. The barrier should be at least 4 feet tall so children can't climb over it. If your house is one side of the barrier, use an alarm system to alert you if your child goes outside.
- Do not use the pool if drain covers are missing. Long hair, arms, legs and fingers can get stuck in the drain's current and pull a child under water.
- Make sure someone is watching children in the pool at all times.
- When you're done swimming, take pool toys with you. If a young child sees a toy in the pool, she might try to reach for it and fall into the water.



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— Shayna Starr