

Five Years

HT. _____
WT. _____
BP. _____
Vision _____

Don't be fooled into thinking that anyone else has your child's best interests in mind – especially the school. It may be true some of the time, but be careful of your expectations and relying on anyone else to contribute to his/her development, especially in the areas of values, morals, and faith issues – just because he/she's in school, you don't drop out of the picture. Your input as a parent is crucial, especially at this age where he/she may compare you with another parent or a teacher. You are instilling 'programs' that will continue to affect your child for his/her whole life, take this seriously. But have some fun, too.

It is still imperative that families eat meals together regularly, and that mealtime is not a time of judgment on what one did or didn't eat, but that it is a time of family togetherness where a meal is served, but isn't the most important part. And dads still need to play rough – with boys and with girls.

Avoid the trap of too many commitments – see "Don't be fooled" above.

DEVELOPMENTAL

- **Language:** understandable to most people most of the time.
- **Gross Motor:** stands on 1 foot (10 sec), may be able to skip.
- **Fine Motor:** copies triangle, draws person with body, prints some letters.
- **Personal/Social:** separates from mother well, seeks approval of teachers, plays with one other child well, mostly does well with siblings.

ABILITIES

- Tells how a crayon and a pencil are the same and different.
- Can tell differences between common objects: dog/bird, milk/water.
- Can complete: 'a lemon is sour, sugar is ...'
- Can tell what a forest is made of.



SEXUAL

- In love with parent (usually mother) – more a boyfriend/girlfriend thing than mother/child.
- Can distress parents if not expecting it/knowing how to react.
- OK to bathe kids together, still pretty curious, though.

BEHAVIOR/ACADEMIC/LIFE IN GENERAL

- Let your child fail. Do not be a helicopter parent. It's not your homework, your project, your commitment. Avoid saying 'we have a problem' – you don't, your child does. Support, empathy, help, but not rescue.
- 8 words to be the best parent you can be: **Good luck, I'm sorry, Nice try, Regardless, Nevertheless.** Remember these 8 and you will have a response to almost any situation that will be appropriately kind or tough depending on the circumstance.

NUTRITION

This hasn't changed since the 1 year sheet: you decide what, when, and where. The child decides whether and how much. It is your responsibility to know what foods are healthy and to provide them. Make mealtime fun and not all about eating. Set a good example. There is no substitute for a good example, whether the subject is eating or anger management or problem solving or faith in troubled times. Eating meals more slowly cuts down the risk of obesity, as does reasonable portion control, not restriction, but know what should be a serving size for various ages.

EDUCATIONAL (suggested reading)

- *Parenting with Love and Logic*; Cline/Faye
- *Siblings without Rivalry*; Faber/Mazlish
- *Grace-based Parenting*; Kimmel
- *Winning at Parenting*; Coloroso (CD/DVD)