

Nutrition

- Your toddler should be offered 3 meals per day and 2-3 nutritious snacks. Offer a variety of foods from the different food groups. Use fresh fruit or vegetables with nut butter as snacks.
- Try to use **organic foods** when possible to avoid exposure to pesticides, genetically modified foods and added hormones.
- Continue to offer **whole milk** to your child. Juice is not advised. If you have questions about **alternative milks**, please talk to your provider. Toddlers at this age **should have no more than 2 servings of dairy per day**, including milk (1 cup), cheese (1.5 oz), yogurt (¾ cup). When possible, try to choose organic grass-fed, whole fat dairy products without added sugar.
- At this age, children require 800 mg of calcium per day. In addition to dairy (milk, yogurt, cheese), other rich sources of calcium include spinach, broccoli, calcium fortified alternative milks, figs, tofu, soybeans, garbanzo beans, calcium fortified cereals, sesame seeds, almonds and canned salmon.
- There are benefits to **omega-3 fatty acids** in the diet and here are the sources: fresh or frozen wild salmon, canned sockeye, sardines, black cod, herring, walnuts (or walnut butter), algae products, freshly ground flax and hemp seeds, pumpkin seeds, omega-3 enriched eggs. Alternatively you can consider starting an omega 3 supplement.
- Consider **vitamin D3 supplementation** for its immune and bone building properties. Recommended dose at this age is at least 600 IU daily.
- Probiotic** supplementation and probiotic rich foods (such as organic kefir, grass-fed yogurt, miso, sauerkraut, kimchi) can be used to aid in immune function and digestion. Generally, probiotic supplements for children that are refrigerated are of higher quality.

Development

5 - 6 year olds:

- Gross Motor skills: balances & hops on one foot; skips; able to climb on to examination table
- Fine Motor skills/ Dexterity: ties a knot; mature pencil grasp; copies squares and triangles; draws a person with at least 6 body parts; prints some letters and numbers
- Language/Communication skills: tells a simple story using full sentences, appropriate tenses, pronouns; counts to 10; names at least four colors; has good articulation
- Social skills: follows simple directions, able to listen and understand, able to undress and dress with minimal assistance

Medication

- FEVER = 101° F**
- No Aspirin** until 18 years.
- NO COUGH OR COLD MEDICINES.** If your child gets a cold, try humidified air. Please call our office if your child seems to be having difficulty breathing.
- Tylenol** (Acetaminophen) or **Advil/Motrin** (Ibuprofen) may be given for fever or pain relief. **We suggest using these as sparingly as possible.**

| Medication | How Often? | 18-23 pounds | 24-35 pounds | 36-47 pounds | 48-59 pounds | 60-71 pounds | 72-95 pounds | Over 95 pounds |
|-------------------------------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-------------------|
| Fever/Pain Relief | | | | | | | | |
| Acetaminophen (Tylenol) | 4 hrs | 120 mg | 160 mg | 240 mg | 320 mg | 400 mg | 560 mg | 720 mg |
| Ibuprofen (Advil, Motrin) | 6 hrs | 75 mg | 100 mg | 150 mg | 200 mg | 250 mg | 300 mg | 400 mg |

TV/exercise

- Encourage your child to be physically active for at least 60 minutes over the course of the day. Find physical activities that your family can enjoy together.
- Try to limit TV time and other passive activities to less than one hour a day. Carefully screen programs (including commercials, video games, music videos, etc.) to ensure that they are appropriate.
- Remove the TV from your child's room!
- Encourage your child to play with age-appropriate toys, and encourage interactive games with children of similar ages. Try to help your child understand the importance of sharing and taking turns.

Family interactions

- Develop family routines and traditions. Your child will look forward to these times!
- Show affection in your family. Listen to and respect your child, partner, and other members of your household.
- Teach your child right from wrong. Remember that the goal of "discipline" is to teach appropriate behavior, not to punish your child.
- Promote a sense of responsibility in your child by assigning chores appropriate for your child's ability.
- Help your child manage anger and resolve conflicts without violence. Do not allow hitting, biting, or other violent behavior.

Dental care

- Brush your child's teeth twice a day with a soft brush and toothpaste with fluoride
- Your child should see the dentist twice a year

School

- Many children will now be starting kindergarten. Prepare your child for school by talking about new opportunities, friends and activities at school.
- Attend back-to-school night, parent-teacher conferences, and other school functions. By doing so, you will get to know your child's teacher as well as the school.
- Encourage your child to talk to you about his/her experiences at school. Ask them about things they like or dislike at school.

Car Safety

- **A car seat or a booster seat** must be used every time your child is in the car. Children should remain in car seats until at least 40 pounds. Booster seats are recommended until your child is 4'9". The back seat is the safest place for children younger than 13 to ride.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

Safety

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child's birthday.
- Watch your child constantly whenever near water. Children should always wear an approved life jacket when on a boat or other watercraft.
- Keep furniture away from windows and install window guards on second- and higher-story windows to prevent your child from falling out of a window.
- Young children should never be left unsupervised in or around vehicles. Watch your child closely when playing outside and make sure gates are locked. Keep your child away from lawn mowers, garage doors, streets, and driveways. Be very careful when backing out of the driveway—you may not be able to see your child behind your car.
- Have your child start to wear an approved helmet when riding a tricycle, on your bike, or in a bike trailer.
- Use sunscreen with minimum SPF 30. Try to avoid sunscreens with oxybenzone, parabens and phthalates. We recommend mineral sunscreens when possible but note that they are not as waterproof. For reviews of safe child sunscreen brands, please visit <https://www.ewg.org/skindeep/>
- Avoid **all** tobacco smoke around your child. Children who are exposed to smoke have more respiratory and ear infections.
- The best way to prevent injury or death from a firearm is to not have guns in the home. If it is necessary to have a gun in your home, store it unloaded and locked with the ammunition locked in a separate location.
- Hire an experienced babysitter who knows the basic care for children as well as how to handle common emergencies. Provide the sitter with a list emergency phone numbers, list of child's allergies and current medications.
- Remove dangerous objects and chemicals from lower cabinets or place locks on those cabinets.
- **Poison Control: 303-739-1123 or 1-800-222-1222**

Your child's next well check is at 6 years.