

## Discipline: Using “Time-Outs”

There are certain behaviors a five-year-old may need help overcoming. Dangerous acts like running into the street or playing with matches, and destructive acts like hitting others or braking property cannot be allowed. Many child guidance experts recommend time-outs to help a child develop the self-control to avoid serious misbehavior.

### What It Is – And Is Not:

- ♥ A time-out is used calmly and without threats, spansks or slaps.
- ♥ It is for punishing willful misbehavior, not for little slip-ups or annoyances.

### What A Child Must Know:

- ♥ You must make clear what the rules are. Writing them down helps. Your child must know in advance that breaking rules will result in a time-out.
- ♥ Explain the idea of a time-out punishment while things are calm, not in the heat of battle.
- ♥ Warn, before using a time-out. Say that if the behavior continues, punishment will result.

### The Time-Out Place:

- ♥ Choose a dull, boring place in the house, such as a

hallway. Make sure it's well away from TV and toys.

- ♥ Set a chair there.

### When

#### Misbehavior Occurs:

- ♥ Tell your child he must take a time-out. With a kitchen timer or clock, show him how long it will be. (one to seven minutes is suggested.)
- ♥ Lead your child to the time-out chair and tell her to sit. Never use rough physical force.
- ♥ If he cries, shouts or whines, the time-out starts over. Reset the timer.
- ♥ If she leaves the chair, it starts over. Reset the timer.
- ♥ Let your child know when the time-out is over. Praise him for staying quiet. Tell him you love him. Stay good-humored and ignore any sulking.
- ♥ Next time you see your child trying to avoid that type of misbehavior, let her know you're proud of her effort.



## Your Child's Health

### ♥ School Health Checkup.

Prior to kindergarten, your child will need a doctor's exam. Your child's weight and height will be recorded. Vision, hearing and other tests may be conducted. Your doctor will complete a form certifying that your youngster is physically capable of entering school.

### ♥ Immunizations.

Between ages four and six, a DPT (Diphtheria, Tetanus, Pertussis/MMR) booster and a Polio booster will be required. Children need to be up-to-date on immunizations.

### ♥ Dental Care.

Your child will soon start to lose baby teeth and get permanent teeth. Keep your “every 6 months” appointment with the dentist, and remind your child to brush after meals.

### ♥ Healthy Living.

Help your child make a family activity log to track your physical activity and exercise. Talk with your child during meals about the nutrients in the food. Tell them that the calcium in the milk will build strong bones and healthy teeth.

## Check These Out!

Ask the Public Library about these and other free resources. They'll help you to better understand your child and to grow in parenting skills.

### The kindergarten survival handbook: the before school checklist & a guide for parents /

Allana Cummings Elovson ;  
illustrations by Andrea Karin Elovson (B)

### Duck on a bike / by David Shannon. (CB)

### Favorite songs for kids [sound recording] (CD)

### Under a shady tree [sound recording] / Laurie Berkner. (CD)

### 1-2-3 magic: managing difficult behavior in children 2-12 / [videorecording] written & presented by Thomas W. Phelan (V)

(B) book, (CD) compact disc, (V) video,  
(CB) children's book you can read to your child

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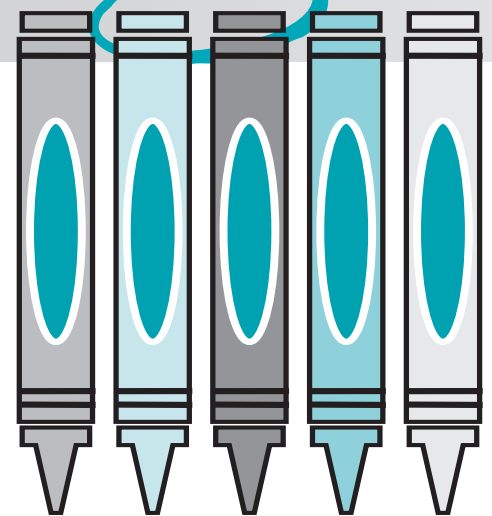
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# Healthy Stages

## AGE 5

Is it possible? Your child was a tiny infant just a few short years ago. As the birthdays rolled by, you watched that infant become a growing baby, an active toddler, an exploring preschooler. Now he or she is five and will soon start kindergarten, if that hasn't already happened. The youngster who once depended on you for everything has grown more independent. Thanks to your nurturing, she feels good about herself. He glows with pride when you offer praise or a warm “Well done!”

To you, dear parent, we echo that “Well done”. If you're feeling a bit teary as you say a bitter-sweet “good-bye” to having a little one around, just wait. It will soon turn into an elated “hello”, as you greet all the new experiences of parenting a schoolchild. A well-known educator once said of kindergartners, “Fives are our most eager scholars. They don't just tolerate school, they beg for it!” Your continued good parenting will keep that eagerness to learn alive.



# Toys For Now

At five, your child can handle some competitive games. She can put up with the idea of waiting her turn. He can accept simple rules, though losing can be pretty hard to take! The following are favorites:

## Games

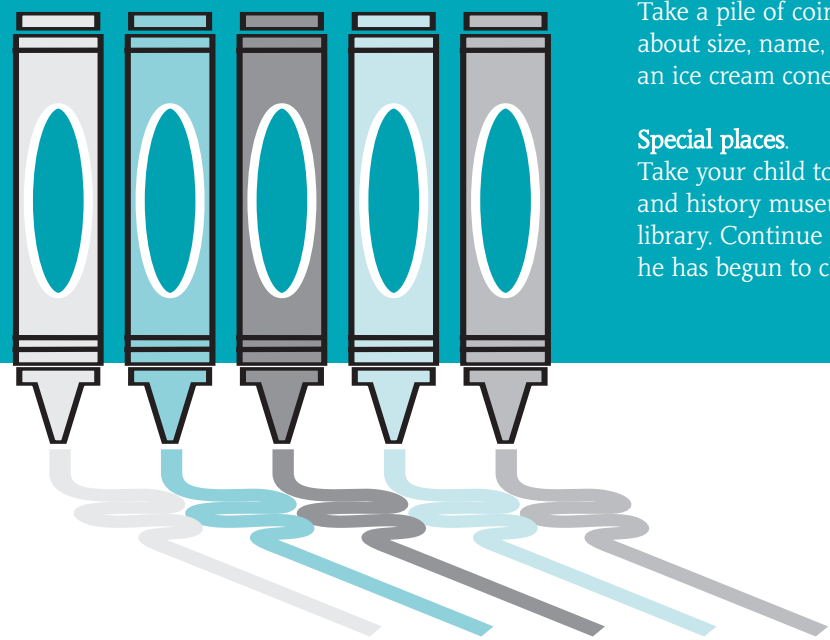
Simple card games that involve matching or memory skills are enjoyed. So are board games with just a few rules and a fairly quick finish. Both types are a way to involve the whole family in an activity that's fun.

## Crafts

Continue to provide your child with crayons, paper, scissors, and paste. Coloring books are now a great favorite. To these, add kits that require simple knitting or sewing skills.

## Miniature Play

Dollhouses with people and furniture, raceways with cars, forts with soldiers, farms with animals and similar sets can provide hour after hour of creative play.



## Wheel and Sport Toys

Five-year-olds like balls, and games involving them. A scooter, a punching bag and roller skates may also be among the toys an active youngster will ask for.

## PLAYTIME

### Games and activities.

Continue to make a game of activities that help your child's powers of observation. These will help with reading, science and math skills.

### I see something red!

Pick out an object that's a certain color and give clues till your child finds it.

### Street signs.

Point out street signs to your child and explain their meaning. They might include "stop, hospital, school, and yield."

### Money.

Take a pile of coins and help your child sort them. Talk about size, name, value and what different things cost: an ice cream cone, a candy bar, a comic book.

### Special places.

Take your child to exhibits. She will enjoy art, science and history museums. Take frequent trips to the library. Continue reading to your youngster even after he has begun to choose and read his own books.



# ABC

## Toddlers and "Runabouts"

Your five-year-old is likely to find the world a very friendly, welcoming place. Here are some of the new abilities you're seeing, or soon will. As always, keep in mind that your youngster is unique and grows at a pace that is right for him or her.

### PHYSICAL SKILLS

At five your child is in the last stages of "early childhood." He or she now has the stronger muscles and bones that allow for greater physical coordination.

*The child of five can usually:*

- ♥ Walk, run, hop, skip, jump and climb with ease.
- ♥ Catch a bounced ball.
- ♥ Walk a straight or curved line. Because hand-eye coordination still is developing, he or she may still accidentally spill or knock things over now and then.

*A five-year-old can:*

- ♥ Hold a pencil or crayon in an adult grasp, using the thumb and first two fingers.
- ♥ Copy a square, a circle, and a cross.
- ♥ Draw landscapes with simple houses, trees and flowers.
- ♥ Draw humans with body parts and facial features.

*Children by now usually:*

- ♥ Show a preference for the right or left hand. Most child specialists urge parents not to interfere with that preference.

### LANGUAGE SKILLS

*A child of five:*

- ♥ May have a vocabulary of 2,000 or more words and can usually be understood by everyone.

*He or she:*

- ♥ Can use the right tense of most verbs: "I gave my sister a present." "I went to the circus."

*Five-year-olds:*

- ♥ Avoid "baby" words.
- ♥ Love songs with words, especially the kind learned in Sunday school or kindergarten.

### MENTAL DEVELOPMENT

*A five-year-old:*

- ♥ Asks more thoughtful questions than she did a year ago. Instead of the endless "why?" you now hear, "How does this work?" and "What is this used for?"

*By the age of five and a half, many youngsters:*

- ♥ Can recognize and name the letters of the alphabet.
- ♥ Can name at least four primary colors (red, blue, yellow, green).
- ♥ Can copy their first name.

### SOCIAL DEVELOPMENT

*At five, a child:*

- ♥ Can help with simple household chores.
- ♥ Is affectionate with both parents.
- ♥ May now be a devoted older brother or sister to younger siblings who were once fought with or envied.

*The five-year-old:*

- ♥ Loves to be praised.
- ♥ Tries to do things as asked.

*He or she:*

- ♥ Plays well with both sexes in kindergarten and at home.

### SELF-HELP SKILLS

*A five-year-old can:*

- ♥ Take a bath without much fuss, but still needs help getting hair shampooed and body parts clean.
- ♥ Is willing to wash hands before meals.
- ♥ Can go to the bathroom unassisted, though an especially active child may put off doing it till the last minute. (Wiggles and hops are a clue your child needs reminding to go to the bathroom.)

## For Safety's Sake

### Bicycle Safety

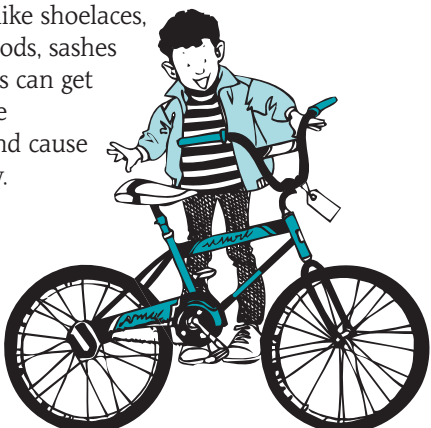
At five, many children really want a bike. The American Academy of Pediatrics suggests that you wait until age six to let your child have a two-wheeler, and follow these safety guidelines:

- ♥ Start with training wheels that can later be removed.
- ♥ Make sure the bike isn't too big for your child.
- ♥ The AAP strongly recommends that your child wear an approved bike helmet to avoid serious head injuries.
- ♥ Wait until your child is mature enough to understand bicycle safety rules. Check out a library book on biking rules of the road. Read and practice the rules with your child.
- ♥ Strictly enforce safety rules. Take away bike privileges for a time if they are not obeyed.

### PLAYGROUND SAFETY

A five-year-old needs these new rules:

- ♥ On a seesaw, neither partner should get off until the other partner's feet are on the ground.
- ♥ Only one child to a swing. Don't stand on swings or twist swings around and around.
- ♥ Play running games far away from swings and jungle gyms.
- ♥ Inspect your child's clothing. Loose or hanging-down things like shoelaces, sweatshirt hoods, sashes and tie strings can get tangled in the equipment and cause serious injury.



## Nurturing Yourself

### We All Need These

Does it seem that you and your child have very different needs? In fact, you and your five-year-old share these human longings. Talk about them with your child. Remind him or her that you, too, have personal needs. Honoring your needs will help you have a balanced, rewarding, interesting life.

#### Social needs.

We all need friends, someone to listen to us, someone to like and understand us.

#### Emotional needs.

We need to like ourselves, to get praise, to feel we have some real worth.

#### Physical needs.

We need balanced meals and restful sleep. We need to both exercise and relax our bodies.

#### Mental needs.

We need to solve problems, to entertain new ideas, and to learn new ways of doing things.

#### Creative needs.

We need to make things: a recipe, a story, a picture. We need to express ourselves by dancing, singing, gardening, sewing, or mastering a special sport or skill.

#### Spiritual needs.

We need to explore the person inside us and our relationship to the highest possible good. We need to strive to reach our unique worth as an individual.