



## Five Year Preventive Exam

### Behavior

When their child turns five, many parents wonder, "Is my child ready to start school?" Consider the social, emotional, and academic realms. Children ready for kindergarten should play well with peers, take turns, follow simple directions, conform to simple rules regarding behavior, feed and dress themselves, and be able to separate from home for at least half a day. A successful experience in preschool is helpful. Academically, they should know their letters and numbers, print their name, and know their phone number and address. Your child's preschool teacher is best able to judge her readiness. If she meets most of these guidelines, she should be ready to enroll in kindergarten.

### Development

Your child should be able to skip; walk on tip-toes; wash and dry his hands; brush his teeth; cut and paste; identify coins; name 4 or 5 colors; copy a triangle; tell a simple story; define at least one word such as "ball", "shoe", "chair", or "dog"; and name the materials of which objects are made. He should be beginning to understand right from wrong, fair from unfair, and the concept that games have rules. He should enjoy the companionship of other children and engage in make-believe play with domestic role-playing. Children should participate in household chores, such as setting and clearing the table and tidying up their own rooms. Remember to show affection toward your child and always "buckle up" when in the car, in a car seat or booster. Please make sure any guns you may have in the house are safely locked up. Avoid exposure to television, videos, and phone/computer games for more than 1 hour per day. Be aware of the content of any media your child chooses to watch.

Click here for our [Medication Dosing Guide](#) to see recommended dosing of acetaminophen and ibuprofen.