

Help Your Child Learn and Grow



You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 5-year-old child today.

What You Can Do With Your 5-Year-Old:

- Continue to arrange play dates & trips to the park and other activities. Give your child more freedom to choose to play with friends, and let your child work out problems on her own.
- Your child might start to talk back or use profanity (swear words) as a way to feel independent. Do not give a lot of attention to this talk. Instead, praise your child when they ask for things nicely and calmly takes “no” for an answer.
- This is a good time to talk to your child about safe touch. No one should touch “private parts” except doctors or nurses during an exam or parents when they are trying to keep the child clean.
- Teach your child her address and phone number.
- When reading to your child, ask him to tell you what will happen next in the story.
- Encourage your child to “read” by looking at the pictures and telling the story.
- Attend an Open House and/or a Kindergarten screening at your child’s school.
- Teach your child time concepts like morning/afternoon/evening/today/tomorrow/yesterday. Start teaching the days of the week.
- Explore your child’s interests in your community. For example, if your child loves animals, visit the zoo or petting farm. Go to the library or look on the Internet to learn about these topics.
- Keep a handy box of crayons, paper, paint, child scissors, and glue. Encourage your child to draw and make art projects.
- Play with toys that encourage your child to put things together. (eg. building toys or puzzles)
- Teach your child how to pump their legs back and forth on a swing.
- Help your child climb on the monkey bars.
- Go on walks with your child, do a scavenger hunt in your neighborhood or park, help them ride a bike with training wheels (always wear a helmet).