

By 5 years...

A child typically:

- ✓ Shows many emotions, including jealousy
- ✓ Can be demanding at times and cooperative at others
- ✓ May make up excuses or stories for his or her behavior to stay out of trouble
- ✓ Will be sensitive to other children's feelings
- ✓ Is able to follow simple rules like waiting in line or using a quiet voice
- ✓ Wants to please you, but may go against your authority
- ✓ Likes to make many independent choices about clothes, food and activities
- ✓ Can take turns and share, but doesn't always want to
- ✓ Plays in small groups and may choose to leave someone out
- ✓ Likes to sing, dance and act



What kind of behavior should I be concerned about?

- Does not express a wide range of emotions
- Seems sad or unhappy most of the time
- Is very aggressive
- Is very fearful or shy
- Refuses to go to school
- Is only interested in one or two activities
- Cannot focus on any one activity for longer than five minutes
- Unable to make friends
- Does not understand that some things are not real
- Cannot separate from you without getting very upset
- Loses speech or social skills

Things to help your FIVE-YEAR-OLD with his or her social and emotional development:

- ✓ Be silly, laugh at your child's jokes and have fun together
- ✓ Encourage your child to ask for help instead of whining or pouting
- ✓ Don't be afraid to show a wide range of your emotions and how you deal with them in a healthy way
- ✓ Use magazines or pictures to point out real dangers (like guns or fire) and make-believe dangers (like monsters)
- ✓ Make sure your child gets enough exercise and rest
- ✓ Encourage your child to play games that involve working together
- ✓ Encourage creativity & understanding of others by acting out stories, dressing-up & pretending
- ✓ Gently remind him of rules and why we have them
- ✓ Allow your child to help plan activities
- ✓ Read with your child at least once each day
- ✓ Give lots of praise, hugs and encouragement every day