



The Forever Fives

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Disclaimer: Every child is unique and may not go through the same milestones at the same time. Generally, rate of development is predictable; however, children may not proceed at the same rate. This information is a guide for an average child. Also, take your child's personality into consideration. The information below goes into depth about the personalities and interests of your child's age rather than developmental milestones, which can worry a parent. This article is to become aware and understand if your child may be more quiet, defiant, playful, exuberant, introverted. Some of these characteristics could be typical for their age and stage. Of course, your child has his or her own personality and how he sees the world and your child's sense of significance and belonging. My goal is that you become to appreciate some of these characteristics and embrace some of these new traits within your children as they are and who they become.

Please Others

Most five year olds want to do the right thing and please others. They often have a positive outlook and might say something like, "I'm going to be really good today!" He or she may ask permission for even simple things like "may I have a banana mom?" However, we don't want our children to be too compliant and of course this will not last as we want our children to stand up for his or her self in a challenging world.

The five-year-old may want to play more indoors and stay near you. Typically, five-year-olds care very much about their home, their school, their neighborhood and don't seek adventure as much. The five-year-old may be quieter. Activity levels may be high and they love different activities.

Positive Outlook

He or she does not worry too much. They feel comforted that you will be there. They don't tend to think or dwell on the past or consider too much of the future. They may have a strong sense of family. He or she may like life the way it is, satisfied with him or herself and enjoys being around you.

All Grown Up

The five-year-old likes to do "grown up things" and is very proud of his or her accomplishments. He likes to practice printing his name, writing numbers, or even writing letters or words and will look for compliments from you.

Bad Habits

Rather than hitting, kicking, yelling or other aggressive behaviors your five-year-old may exhibit more tension behaviors such as nose picking, nail biting, thumb sucking and for boys grabbing their privates. At five-and-a-half these tension outlets only increase in frequency and severity.

Five-and-a-half to Six

Just when you are the center of your child's world, you might be thinking "Where is my sweet child?" The five-and-a-half-year-old may disobey, dawdle, be hesitant, indecisive, over-demanding and explosive. They may go between being shy to bold, to affectionate and then tense and explosive. Your child may get more colds, ear aches, and illnesses.

This is the time for your child to release some of those tensional outlets by biting or sucking on clothes, tapping pencils. There is more restlessness and less composure. It might be difficult to sit still and writing becomes more of a chore and can be difficult.

Family

Five-year-olds typically adore their mother but they also are fond of their fathers and proud of them. Fathers do not get as much affection and when your five-year-old has a temper tantrum it is more likely mommy to be the privileged one to endure this event. Grandparents are very important to the five-year-old. They are warm and responsive to grandparents. When asked what they love about their grandparents, they might say "I get to watch tv, eat candy, and they give me things!" They often sound more interested in what they get, but they love to visit grandparents.

Relationships with Siblings

Relationships with siblings tend to improve somewhat when your child is five. Your five-year-old may play reasonably well with his siblings.

Outings

Outings can be more enjoyable with your five-year-old. She may be polite, friendly, and can sit for dinner or even road trips.

Meal-time

Your five-year-old may still wiggle in his chair, dawdle, and talk a lot. Hopefully at this point her appetite has improved. She may want to please you. Five-year-olds typically like simply prepared meat, fruit, raw vegetables, and breads. Typically, gravy, casseroles, or anything mixed together they may refuse.

Bedtime

Getting ready for bed can be smoother at this age. Your five-year-old may still like a toy, animal or special blanket in bed. She may also like to read to herself if she has trouble going to sleep and of course like stories being read to her before bedtime. She may cry out in the middle of the night due to nightmares. Know this can be normal. She may wake up saying "I'm scared."

Dressing.

Your five-year-old may still be practicing tying shoes, buttoning buttons, and putting on clothes so they aren't backwards.

Play

Five year olds tend to love to play! And they play well without much adult guidance. They may also cause quite a clutter or mess because they enjoy pasting, drawing, cutting, making things with cardboard, and stringing beads. A five-year-old may need some quiet away from other kids from time to time.

Your five-year-old may like magnifying glasses, magnets, flashlights, stethoscopes, microscopes, and gross motor play like riding tricycles or bicycles.

Your five-year-old may be interested in writing or telling stories. Take the time to dictate stories while your child might engage in illustrating the book. You do not need to teach your child to be creative but allow the process to happen if your child exhibits interest.

How to help your child

1. **Encourage.** Encourage lots of active play and allow your five-year-old to play and engage in crafts and activities on his own. Most of all he needs your love and connection and for you to be patient. When your five-year-old wants to be close, your lap may still be his favorite place to sit.
2. **Crafts.** Create a bin of crafts with duct tape, beads, strings, glue, pipe cleaners, and cardboard so your five-year-old can create her own art and projects.
3. **Explore.** Explore out in nature with magnifying glasses, flashlights and microscopes. Going in the woods or over the backyard will keep your five-year-old occupied.

4. **Bedtime Routine.** Have your five-year-old create his own bedtime routine chart with your assistance making a list of things to do before bed time. Make sure to include personal touches of a special prayer, story, the best and worst part of the day, or expressing gratitude.
5. **Expectations with grandparents.** Before arriving at grandma and grandpa's house have a pep talk and give expectations to your five-year-old about how to be respectful and what is appropriate to ask or request. Encourage your child to also let his grandparents know how much she loves them and how thankful she is of any gifts.
6. **Nose Picking.** I'm not a medical doctor; however, treating allergies and colds using neti pots, nasal aspirators, petroleum jelly in the nostrils, warm towels, and humidifiers may be helpful. Then quietly remind him to keep his hand out or gently guide his hand down. Handing a tissue without saying a word could also be helpful. Keep hands clean and washed and busy with activities.
7. **Touching privates.** Remind your five-year-old that he can touch himself in private; however, it can make other people feel uncomfortable in public so it is not acceptable to touch himself in public.
8. **Don't expect too much.** Your five-year-old has matured; however, she may still have tantrums and is working on self-control. Know that this is normal.
9. **Games.** This age is fun to play board games, memory games, I spy, Red light Green light, etc.
10. **Encourage curiosity.** Ask your five-year-old what he thinks rather than answering questions for him to encourage curiosity.