

What to Expect During Your 5 Year Old's Visit



Physical Health & Foundations



Vitals & Measurements

Height, weight, and BMI to track growth and ensure everything is progressing as it should.



Nutrition

Family meals, variety, and limiting processed foods and juice build habits that can last a lifetime.



Sleep

Most five-year-olds need 10–12 hours a night. Consistency and a solid bedtime routine are key.

Screen Time, Vision & Hearing



Screen Time

Limit screens to about 1 hour a day. Screen-free hours are where real development happens – outdoor play, imaginative play, and conversation.



Vision Screening

The USPSTF recommends a one-time screening between ages 3–5 for amblyopia. Your five-year-old may be at the tail end of this important window.



Hearing

As school-aged children, hearing screens continue annually or every two years. Catching issues early makes all the difference.



Active Play

Time outside, imaginative play, and conversations with caregivers – this is where the magic of development happens.



Comfort Objects

If comfort objects help your child sleep, absolutely keep them. Good sleep supports mood, learning, and immune health.

Social & Emotional Development



Friendships

Developing real friendships and learning to navigate conflicts with peers and adults.



Self-Care

Can wash hands, get dressed, feed themselves, and may even help with household tasks.



Independence

They're becoming their own little person – building real independence in meaningful ways.



Connection

Family meals and shared routines build connection, teaching kids about food and belonging together.



Contribution

Contributing to simple household tasks builds confidence and a sense of belonging.

Language, Motor & Cognitive Development



Language & Storytelling

Can tell a story with at least two events, answer questions about books, and hold back-and-forth conversations (3+ exchanges). May recognize simple rhymes like bat-cat.



Gross Motor Skills

Running, jumping, and climbing with more control and confidence – little coordinated athletes in the making.



Fine Motor Skills

Drawing with purpose, writing letters or their name, and manipulating small objects with real precision.



Cognitive & Problem-Solving

Following multi-step directions ("put on shoes, grab your backpack, meet me at the door"), reasoning through problems, and completing tasks with less help.



School Readiness

Their brain is working overtime – building the skills they need for kindergarten and beyond, one day at a time.