

## Development

At 5 years of age, your child should be able to:

- Skip and hop on one foot
- Speak in full sentences
- Dress and undress alone
- Be able to draw a stick person



Most children are fully toilet-trained by age 5 but bedwetting can still happen in some children. Talk to your clinic nurse if your child is still wetting the bed.

## Next Clinic Visit

You will need to return to your clinic as soon as your child turns 6 years. The 6 year visit is important because your child will receive an immunisation for tetanus, as well as have his/her weight checked at this visit.

## Danger signs

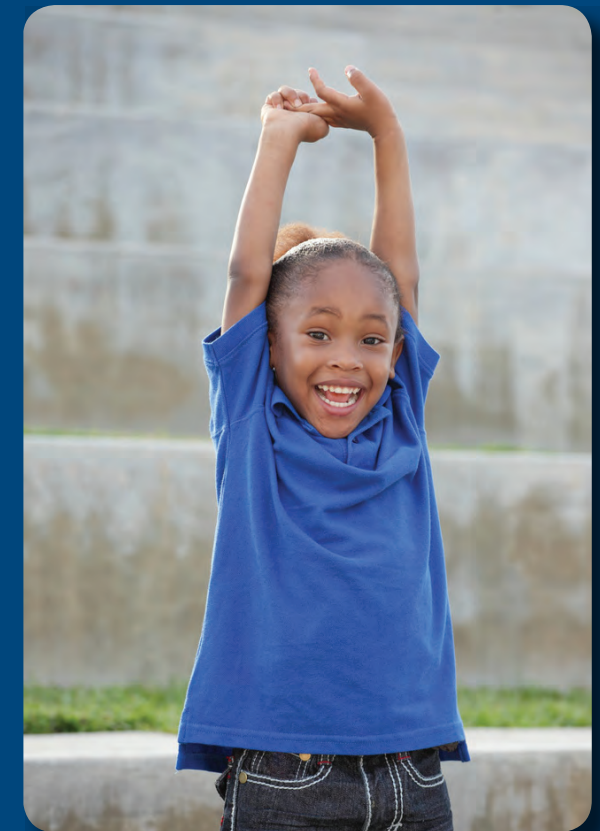
You should return to the clinic **immediately** if your child has any of these problems:

- Refuses to eat
- Unable to breathe well or fast breathing
- Is vomiting everything he/she eats
- Diarrhoea with sunken eyes
- Diarrhoea with blood
- Lethargic or unconscious
- Convulsions/fits
- If anyone in close contact with your child has TB



# Caring for your Child

## 5 Years



### Disclaimer:

The creation of this material was made possible by the support of the American People through the U.S. Agency for International Development (USAID) under the Cooperative Agreement No. AID-674-A-12-00016. The contents are the responsibility of BroadReach Healthcare and do not necessarily reflect the views of USAID or the United States Government. Visit [www.brhc.com](http://www.brhc.com) for more information.

## Vitamin A and Deworming

At the 5 year visit your child will receive vitamin A drops and medicine for worms. Vitamin A will help your child to grow and stay healthy and will protect against diseases like measles and diarrhoea. Deworming is important because worms can prevent your child from growing and can make him/her sick.

All children need vitamin A and medicine for worms every 6 months until age 5.

## HIV Status of Child

### If child is HIV-positive:

- Your child needs antiretroviral treatment (ART) to prevent him/her from getting sick
- Make sure that your child attends the ART clinic every month for a check-up and to collect medication



## Tuberculosis

Tuberculosis (TB) is a very serious infection that usually affects the chest but can also cause disease in the brain, stomach or bones. Anyone can get TB – child or adult, HIV-positive or HIV-negative. It is very easy to transmit TB, so if your child has come into contact with someone with TB, he/she should be tested for TB as soon as possible. TB will cause death, if left untreated.



Symptoms of TB may include:

- Fever that lasts more than 1 – 2 weeks
- Cough that lasts longer than 2 weeks
- Losing weight and poor weight gain
- Tiredness or reduced playfulness



## Nutrition

Continue to make sure your child is eating 3 meals a day, and is eating a variety of healthy foods – fruits, vegetables, healthy protein (eggs, fish, chicken, meat) and whole grains (brown bread, pap, oats).

Your child should be gaining weight every month. Ask the nurse at the clinic to show you how your child is growing on the growth chart in your child's Road to Health Booklet. If your child is not gaining weight every month, speak to your nurse.

## Safety

- Teach your child not to go anywhere with strangers or to take anything from them
- Make sure that all cleaning liquids, paraffin, knives, matches and other dangerous items are out of your child's reach
- Ensure that your child does not play near fires or hot stoves
- Make sure that your child knows his/her name, address and phone number

