

6 Year Check-Up

SOCIAL SKILLS CONTINUE TO GROW

Name _____

Height _____

Age _____

Blood Pressure _____

Date _____

Vision _____

Weight _____ lbs.

Hearing _____

DIET

Continue to encourage good eating habits. Limit so-called junk foods and avoid the soda habit. Your child needs at least 3 servings of dairy and should learn to drink water as a thirst quencher. Peers will influence your child's eating behaviors. Your child should be learning the basics of good nutrition. This is the time to form healthy routines. Family dinner time should be enjoyable. It is an ideal time to hear about your child's new accomplishments and to help her or him problem solve.

DEVELOPMENT

- Your six-year-old is eager to act independently but does not always make wise choices.
- Peers become increasingly important. Six-year-olds usually have friends of the same sex. It is important that you get to know your child's friends and their parents.
- It is helpful to be involved in school activities. Stay in contact with your child's teacher. Early detection of learning needs may prevent future problems.
- Parental love and praise are extremely important, as your child wants to do well and receive approval for his or her efforts.
- Listen and respect your child and set the example of how you want them to behave.
- Help them learn appropriate ways to deal with disappointment and anger.
- Continue to set appropriate boundaries and limits while encouraging and promoting independence. The purpose of discipline is to help learn rules and regulations and not for punishment.
- Your child will gain confidence and skills needed to participate in activities such as soccer and dancing. Participation in organized activities such as these allows your child to learn rules and how to get along with other people.
- Your child should have age appropriate chores/responsibilities.

• Limit TV and screen time to 1 1/2 hours per day. Parental overview and help in selection is essential. Try to minimize the exposure to violence including news shows. Exposure to violence increases a child's aggression and desensitizes them to pain of others.

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also.)

- Your child should be in a booster seat until 80 lbs., 8 years of age and 4ft. 9 inches. Do not allow children to sit in the front seat. Air bags can kill small children.
- Establish and enforce consistent, explicit and firm rules for safe behavior.
- Ensure that guns, if in the home, are locked up and that ammunition is stored separately. A trigger lock is an important precaution.
- Remember to put on sunscreen before your child goes outside.
- A helmet is needed anytime your child is on a bicycle. Teach your child bicycle safety rules.
- Use appropriate safety equipment for all sports.
- Review fire safety rules as a family. Conduct fire drills at home.

Next health care visit is when your child is _____ years old.

IMMUNIZATIONS:

COMMENTS
