



Date: _____

Weight: _____

Height: _____

Blood Pressure: _____/_____

Well Child Care at 6 Years

Nutrition

Having many or most meals together as a family is desirable. Mealtime is a great time to allow the child to tell you of her day, interests, concerns, and worries. Encourage your child to talk and listen to others at the table. Balance good nutrition with what your child wants to eat. Major battles over what your child wants to eat are not worth the emotional cost. Bring only healthy foods home from the grocery store. Choose snacks wisely. Children should drink soda pop only rarely. Low-fat or skim milk is usually a healthier choice. Good table manners take a long time to develop.

Development

Your child will grow at a slow but steady rate over the next 2 years. See your child's doctor if your child has a rapid gain in weight or has not gained weight for more than 4 months. Kids can start to develop lifelong interests in sports, arts and crafts activities, reading, and music. Encourage participation in activities. Remember that the goal of competition is to have fun and develop oneself to the greatest capacity. Winning and losing should receive limited attention. Physical skills vary widely in this age group. Find activities that best fit your child's skills, such as endurance (running), power (swimming), or excellent visual skills (baseball or softball). Get involved in your child's school and stay aware of how your child is doing. If your child is struggling, meet with the teacher, counselor, or principal.

Behavior Control

- Kids at this age may take risks. Although they confidently think they will not get hurt, parents should watch them closely, especially when they are near roadways, open water, or near a fire or electricity.
- Kids seem to have boundless energy. Prepare in advance for ways to let your child enjoy physical activity.
- Dawdling is a normal response at this age and demonstrates that a child is having a difficult time planning and thinking through the steps of accomplishing a task.
- Adults play important roles in the life of children at age 6. Children will develop close relationships with teachers. It can be upsetting to a child when adults they love (including parents and teachers) go through difficult times or changes.

Reading and Electronic Media

Read to your child on a daily basis. Make reading a part of the nighttime ritual. Limit electronic media (TV, DVDs, or computer/tablet) time to 1 or 2 hours per day of high quality children's programming. Participate with your child and discuss the content with them. . Many children younger than 6 years have been exposed to the digital world. The 6-year-old is often fascinated by the online world and their ability to become involved with it. With emerging reading and fine motor skills, some will become skilled with the computer and the Internet. However, children this age and throughout childhood still need strong and frequent parental supervision and monitoring to ensure that they are not exposed to inappropriate materials. Parents may consider getting a child- specific browsers and setting up a favorite's toolbar so the child can go only to approve web sites. Parents also should use an internet safety tool to limit access to content, web site, and other activities.

Dental Care

- Your child should brush his teeth at least twice a day and should have regular visits to the dentist.
- Check your child's teeth after he has brushed.
- Flossing the teeth before bedtime is recommended.
- Permanent teeth may soon come in or may have already started coming in.

The grooves on the permanent teeth are prone to cavities. Parents and dentists need to watch the teeth carefully. Sealants (plastic coatings that adhere to the chewing surface of the molar teeth) may help prevent tooth decay. Ask your child's dentist about this.

Normal Development: 6 Years Old

Physical Development

- Loves active play but may tire easily.
- Can be reckless (does not understand dangers completely).
- Is still improving basic motor skills.
- Is still not well coordinated.
- Starts to learn some specific sports skills like batting a ball.
- Dawdles much of the time.
- Is fascinated with the subject of teeth.
- May become a more finicky eater.
- Uses crayons and paints with some skill, but has difficulty writing and cutting.
- May resist baths.
- Permanent teeth start to erupt, both molars and front teeth.

Emotional Development

- May have unpredictable mood swings.
- Is quite sensitive to criticism.

- Has a problem admitting a mistake.
- Feels guilty about mistakes.

Social Development

- Evaluates self and friends.
- Starts to make rules for play activities.
- Cooperates with other children with some difficulty.
- Has trouble considering the feelings of others.
- Values independence.

Mental Development

- Likes to be responsible for simple household chores.
- Likes to make simple decisions.
- Counts to 100.
- Asks lots of "how-what-when-where-why" questions.
- Continues to refine concepts of shape, space, time, color, and numbers.
- Starts to understand the difference between intentional and accidental.
- Starts to understand differences of opinion.
- Has a short attention span (about 15 minutes maximum).
- Enjoys dramatic play.

These guidelines show general progress through the developmental stages rather than fixed requirements for normal development at specific ages. It is perfectly natural for a child to reach some milestones earlier and other milestones later than the general trend. If you have any concerns about your child's own pattern of development, check with your pediatrician or family physician.

Safety Tips

Fires and Burns

- Practice a home fire escape plan.
- Keep a fire extinguisher in or near the kitchen.
- Tell your child about the dangers of playing with matches or lighters.
- Teach your child emergency phone numbers and to leave the house if fire breaks out.
- Turn your water heater to 120°F (50°C).

Falls

- Do not let your child use outdoor trampolines.
- Make sure windows are closed or have screens that cannot be pushed out.

Car Safety

- Everyone in a car must always wear seat belts or be in an appropriate booster seat.
- Don't buy motorized vehicles for your child.

Pedestrian and Bicycle Safety

- Supervise street crossing. Your child may start to look in both directions, but is not ready to cross a street alone.
- All family members should ride with a bicycle helmet.
- Do not allow your child to ride a bicycle near busy roads.
- Children who ride bicycles that are too big for them are more likely to be in bicycle accidents. Make sure the size of the bicycle your child rides is right for your child. Your child's feet should both touch the ground when your child stands over the bicycle. The top tube of the bicycle should be at least 2 inches below your child's pelvis.

Water Safety

- ALWAYS watch your child around swimming pools.
- Consider enrolling your child in swimming lessons.

Sun Protection

- Always apply Sunscreen with an SPF great than 15 when your child is outside. Reapply every 2 hours.
- Have your child wear a hat
- Avoid prolonged time in the sun between 11:00am and 3:00pm
- Wear sun protection clothing for summer.

Pet

- You must keep a close eye on both child and pet when they are interacting with each other.
- Watch for signs of either your child or pet is becoming anxious or overwhelmed.
- Make certain that you child know to avoid stray animals and to treat household pets gently and loving.

Strangers

- Discuss safety outside the home with your child.
- Be sure your child knows her home address, phone number and the name of her parents' place(s) of work.
- Remind your child never to go anywhere with a stranger.

Smoking

- Children who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.
- Teach your child that even though smoking is unhealthy, he should be civil and polite when he is around people who smoke.

Immunizations

Your child may already be current on all recommended vaccinations. An annual influenza shot is recommended for children up until 18 years of age.

Next Visit

The American Academy of Pediatrics recommends that your child's next routine check-up be at 7 years of age. Bring your child's shot card to all visits.

Schoolwork Responsibility: How to Instill It

Taking responsibility for schoolwork helps children grow up to be responsible adults who keep their promises, meet deadlines, and succeed at their jobs. Responsible children finish schoolwork, homework, and long-term projects on time. They remember their assignments and turn in papers. They occasionally ask for help (for example, with a spelling list) but usually like to think through their work by themselves.

How do I encourage schoolwork responsibility?

The following suggestions should help you cultivate the trait of responsibility in your child and avoid problems with schoolwork that may be difficult to correct later on.

1. Encourage learning and responsibility in the preschool years. Listen attentively to your child's conversation. Encourage him to think for himself. Take your child to the library and read to him regularly. Watch educational programs together and talk about them. Be a role model of someone who reads, finds learning exciting, enjoys problem-solving, and likes to try new things. Ask your preschool child to help you with chores (for example, clearing the table or putting away clean clothes).
2. Show your child you are interested in his school performance. Ask your child about his school day. Look at and comment positively on the graded papers your child brings home. Praise your child's strong points on his report card. Show interest in the books your child is reading. Help your child attend school regularly; don't keep him home for minor illnesses. Go to regular parent-teacher conferences and tell your child about them. If you

feel discouraged, rather than conveying this to your child, schedule an extra conference with his teacher.

3. Support the school staff's recommendations. Show respect for both the school system and the teacher, at least in your child's presence. Verbal attacks on the school may pit your child against the school and give him an excuse for not working. Even when you disagree with a school's policy, you should encourage your child to conform to school rules, just as they will need to conform to the broader rules of society.
4. Make it clear that schoolwork is between your child and the teacher. When your child begins school she should understand that homework, schoolwork, and grades are strictly between her and her teacher. The teacher should set the goals for better school performance, not the parents. Your child must feel responsible for successes and failures in school. People take more pride in accomplishments if they feel fully responsible for them. Parents who feel responsible for their child's school performance open the door for the child to turn his responsibilities over to them. Occasionally, elementary-school teachers may ask you to review basic facts with your child or see that your child completes work that was put off at school. When your child's teacher makes such requests, it's fine for you to help, but only as a temporary measure.
5. Stay out of homework. Asking if your child has homework, helping nightly, checking the finished homework, or drilling your child in areas of concern all convey to your child that you don't trust him. If you do your child's homework, your child will have less confidence that he can do it himself. If your child asks for help with homework, help with the particular problem only. Your help should focus on explaining the question, not on giving the answer. A good example of useful help is reading your child's spelling list to him while he writes the words, but then letting him check his own answers. A chief purpose of homework is to teach your child to work on his own.
6. Avoid dictating a study time. Assigning a set time for your child to do homework is unnecessary and looked upon as pressure. The main thing parents can do is provide a quiet setting with a desk, a comfortable chair, and good lighting. If any, the only rule should be "No television until homework is done." Accept your child's word that the work is done without checking. For long-term assignments, help your child organize his work the first few times if he seems overwhelmed. Help him estimate how many hours he thinks the project will take. Then help him write up a list of the days at home he will work on the project.
7. Provide home tutoring for special circumstances. Occasionally, a teacher will ask for help from the parents when a child has lots of make-up work after a long absence or transfer to a new school. If your child's teacher makes such a request, ask the teacher to send home notes about what he or she wants you to help your child with (for instance, multiplication for 2 weeks). By using this approach you are still not taking primary responsibility for your child's schoolwork because the assignments and request for help come from the teacher. Provide this home instruction in a positive, helping way. As soon as your child has met the teacher's goal for improvement, remove yourself from the role of tutor. In this way you have provided temporary tutoring to help your child over an obstacle that the school staff does not have time or resources to deal with fully.
8. Request special help for children with learning problems. Some children have learning problems that interfere with acquiring some of the basic skills (for example, reading). In this discussion we have assumed that your child has no learning limitations. If a child

with a reading disability slips too far behind in class, the child may lose confidence in his ability to do schoolwork. If you have concerns about your child's ability to learn, set up a conference with your child's teacher. At that time, inquire about an evaluation by your school's special education team. With extra help, children with learning disabilities can preserve their self-esteem and sense of competency.

Reference: Relayhealth and Bright Futures 2017

Follow us on Facebook @Healing Touch Pediatrics

and you can visit our website @www.healingtouchpediatrics.com

For any questions or concerns please call our office at 817-417-9001