

SIX YEAR VISIT

DEVELOPMENT

1. Physically, children are becoming bigger, stronger, and more coordinated. They may be able to ride a bicycle.
2. Speech should be well established. Children should be able to express themselves well, know their letters and numbers, and write their names. They may also be able to read some words.
3. By this age, children have learned how to deal with their peers and with adults other than their parents. They are now ready to enter kindergarten or first grade. School will now become one of the most important aspects of your child's life and success in school is very important to your child. Parents must help their children achieve success by closely monitoring their social and academic progress by talking with their teachers. If your child is not performing at grade level, or is not making satisfactory academic progress, you should ask the school for a comprehensive (CORE) evaluation. You must be willing to intervene on your child's behalf. Do not be intimidated by the school authorities. Please bring any school problems your child may have to the attention of your child's physician.
4. The importance of reading to your child cannot be over emphasized.
5. Parents should be monitoring the quantity and content of computer and television time. Television and videos are poor babysitters. There is no substitute for a parent's time. Limit TV, movies, video games and computer use to 2 hours per day.
6. Children start asking about how life begins and ends, and the difference between boys and girls. Be prepared.
7. Please complete the Pediatric Symptom Checklist (PSC) Form to help us assess your child's development.

DIET

1. Avoid sweets and other junk foods.
2. By now, your child has developed definite likes and dislikes with regard to foods. There is no single food that your child requires for good health. If a balanced diet is offered, your child will eat what is necessary for good health.
3. Vitamin supplements are usually not needed at this age. Fluoride supplements may be prescribed if your water is not fluoridated.
4. Eat together as a family as often as possible.

SAFETY

1. Accident prevention is critical at this age.
2. Children over 40 pounds and 40 inches in height should be in a booster safety seat with a lap/shoulder belt in the back seat.
3. Children should be taught to never cross the street without a grown-up, never play in or near the street and to always stop and look both ways before crossing the street.
4. Protect your home with smoke and carbon monoxide detectors and teach your child what to do when the alarm goes off.
5. Children should never play with matches, lighters, fireworks or firecrackers.
6. Children should never swim or enter the water without parental permission and supervision,

never swim where water moves fast, never dive except from an official board and always wear a personal flotation device when in a boat. All children should be taught how to swim. Watch your child constantly whenever he/she is around any type of water.

7. If your child is riding a bicycle, skate board, scooter or roller blades, insist on helmet use.
8. Use window guards on upstairs windows.
9. Poison Control Center telephone 1-800-222-1222.
10. Cigarette smoking causes cancer. Do not expose your child to this toxin.
11. Use sun block during the appropriate times of the year. Limit time in the sun. Use a hat.
12. Perform a full body tick check each night before bed.
13. Protect against mosquito bites. Use insect repellent sparingly.
14. Teach you child how to be safe with other adults.
15. If there is a gun in your home, store it unloaded and locked with the ammunition locked separately. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

DISCIPLINE

1. Children have learned that there are restrictions that have been placed on their behavior. Temper tantrums should be less frequent as they have learned that they are not effective in getting them what they want. They are much more likely to use verbal means to get what they want.
2. Set consistent, reasonable limits. As children become more mature and are able to accept responsibility, they should be given more freedom and their limits should be increased. The parent, however, must remain in control.
3. Both parents must agree on the method of discipline. Parents and caretakers must be consistent.
4. Reward desired behavior. Do not reward undesired behavior.
5. Self-image is important. Children like to please. They should not be referred to as bad, since they will be given a reputation to live up to. You may disapprove of what your child does, but never disapprove of your child.
6. Be reasonable, be consistent, and be patient. Children learn by repetition.

SLEEP

1. Sleep disturbances (nightmares) are common at this age. Your child should be comforted, fully awakened, then returned to sleep. Children should not be allowed to get up to play after they are put to bed and should not be allowed to come into bed with the parents. Do NOT place a TV in your child's bedroom.
2. Establishment of a definite bedtime routine such as a bath followed by a bedtime story will help your child settle down to go to sleep. Parents should select a bedtime they believe is reasonable and fits into the family routine. The American Academy of Pediatrics recommends 9-12 hours of sleep per night at this age.

SCREENING PROCEDURES

1. Hearing Screening.
2. Vision Screening.

IMMUNIZATIONS

1. Influenza vaccine, if available.

NEXT VISIT: At 7 years of age.

Parent/Guardian must accompany child at all visits.

Copies of this and all Handouts may be found on our website at www.tri-countypediatrics.com