

# 6 YEAR VISIT

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## Eating and a healthy weight

- Encourage healthy eating habits and model healthy eating behavior
- Give foods and snacks low in saturated fat and whole grains that are low in carbohydrate content
- Trust your child to self regulate, but pay attention to portion sizes – if they are growing along their curve, do not use sugary foods as a reward or force meals
- Limit junk food and fast food
- Avoid sugary drinks and snacks with added sugar
- Offer water if thirsty
- Make meals a family time
- Let all your children know that you love them whatever their size - Remind your child that people come in different shapes and sizes.
- Limit screen time to 1 to 2 hours a day.
  - Research shows that the more screen time a child gets, the higher the chance that he or she will be overweight.
  - Do not put a TV in your child's bedroom, and do not use TV and videos as a babysitter.

## Healthy habits

- Encourage physical activity for at least 30 to 60 minutes every day.
- Plan family activities, such as trips to the park, walks, bike rides, swimming, and gardening.
- Help your child brush his or her teeth 2 times a day and floss one time a day.
- Take your child to the dentist 2 times a year.
- Monitor TV and online content.
- Put a broad-spectrum sunscreen (SPF 30 or higher) on your child before he or she goes outside and use sun protective clothing/hats
- Put your child to bed on a routine schedule, so he or she gets enough sleep.
- Talk about being polite and using manners

## Safety

- Use a belt-positioning booster seat in the car if your child weighs more than 45 pounds - Be sure the car's lap and shoulder belt are positioned across the child in the back seat.
- Know your state's laws for child safety seats.
- Make sure your child wears a helmet that fits properly when he or she rides a bike or scooter. Keep the number for Poison Control (1-800-222-1222) near your phone.
- Watch your child at all times near play equipment and stairs.
- Watch your child at all times when he or she is near water
- Do not let your child play in or near the street unsupervised

## Parenting

- Read to your child every day - One way children learn to read is by hearing the same story over and over.
- Play games, talk, and sing to your child every day.
- Give your child simple chores to do - Children usually like to help.
- Teach your child your home address, phone number, and how to call 911.
- Teach your child not to let anyone touch his or her private parts.
- Teach your child not to take anything from strangers and not to go with strangers.
- Praise good behavior and avoid stern discipline - use limitation of privileges instead.



Chesapeake  
Pediatrics

**\*Next Visit: 7 years old for well child visit**

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## Development

- Your child is likely in a school and starting new friendships.
- Your child will have many things to share with you every day as he or she learns new things in school.
- It is important that your child gets enough sleep and healthy food during this time.
- By age 6, most children are learning to use words to express themselves.
- They may still have typical preschool fears of monsters and large animals.
- Your child may enjoy playing with you and with friends and have an active imagination.

## School

- Most children start first grade at age 6.
- Help your child unwind after school with some quiet time and help with homework if necessary. Set aside some time to talk about the day.
- Help your child get work organized.
- Give him or her a desk or table to do school work.
- Help your child get into the habit of organizing clothing, lunch, and homework at night instead of in the morning.
- Place a wall calendar or dry erase board near the desk or table to help your child remember important dates and tasks.
- Help your child with a regular homework routine.
- Make learning important and fun.
- Ask questions, share ideas, work on problems together. Show interest in your child's schoolwork. Have lots of books and games at home - Let your child see you playing, learning, and reading. Be involved in your child's school as much as you can.

## Immunizations

- Flu immunization is recommended once a year for all children ages 6 months and older.
- Make sure that your child gets all the recommended childhood vaccines, which help keep your child healthy and prevent the spread of disease.

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