

Name \_\_\_\_\_

Date \_\_\_\_\_ Height \_\_\_\_\_

Weight \_\_\_\_\_

## Well Child

TIPS FOR TAKING CARE OF YOUR 6-YEAR-OLD



CHILDREN ARE CONSTANTLY CHANGING. And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

### SAFETY

- Children should always be buckled up in a booster seat or with a safety belt, in the back seat. If not properly restrained by safety belts, children can be injured in a collision. If you must put your buckled-up child in the front seat of a car that has a passenger-side air bag, push the seat back from the dashboard as far as possible to prevent injuries from the force of the air bag if it inflates. For more information on seatbelt safety, please visit our Web site at [www.choa.org](http://www.choa.org). Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- Buckle your safety belt even if you are just driving down the street and make sure your child is buckled up, too.
- Teach your child how to act in an emergency. Explain what 911 is and how to call it. Explain that it should be used only in emergencies, such as when someone is badly hurt or if a stranger makes him feel scared.
- Help your child learn his address and phone number.

- If you keep a gun at home, keep it in a locked place out of your child's reach. Make sure the bullets are stored in a separate place and locked up, too.
- Teach your child pedestrian safety and practice it often, especially if he walks to school or to the school bus.
- Washing hands is the most effective way to stop the spread of germs. Teach your child to wash his hands thoroughly with warm, soapy water before he eats or drinks and after he uses the toilet, blows his nose, sneezes or coughs. For more information on preventing the spread of germs, please visit our Web site at [www.choa.org](http://www.choa.org). Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.

### NUTRITION

- Give your child a variety of fruits, vegetables, grains, breads, dairy products and foods high in protein. Include fats in meals. Let your child serve himself and manage his eating from there.
- If you have been firm about not giving food and beverage handouts (except water) between meal times, your 6-year-old will not be as inclined to hound you for food at odd times.
- Children who are allowed to graze for food between meal times do not do as well with eating the nutritious food you offer at meals and snacks.



## DEVELOPMENT

- Help keep your child healthy by making sure he gets enough sleep. Your child needs more sleep than you do. Most children need 11 hours each night.
- Your child needs to brush his teeth after each meal. Show him how to floss. Help him brush his teeth in hard-to-reach places.
- Your child will soon be learning how to read. Read to him whenever you can. Help him with his alphabet and sounding out words.
- Have your child learn his numbers by counting different things in the house, such as all the socks in his drawer. Help him recognize numbers by reading them aloud when you shop, read the newspaper or drive in the car.

## PARENTING

- There may be times when your child does not want to go to school. Many times this is because he does not want to leave you or is worried about something at school. Listen to his fears and comfort him, but make it clear that you expect him to go. If this happens often, talk to his teacher or school counselor.
- Tell your child how you expect him to behave and make sure he understands. Praise him when he does well. Your child may seem more independent now, but he still needs you to give him rules to guide his behavior.
- Your child needs your love and support. He looks up to you. Listen to him and show him you care when he shares his schoolwork or tells you about his new friends at school.
- Volunteer at your child's school when you can. You will make him proud and learn a lot about his teacher and friends.

## NEXT VISIT

Until your next appointment, you may call your child's healthcare provider if you have any questions about keeping your child safe and healthy. If your child's healthcare provider is unavailable, call the Children's Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children's Web site at [www.choa.org](http://www.choa.org) for more information.

## SPECIAL INSTRUCTIONS

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*NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child's healthcare provider.*

