



6-8 Year Well Child Check

Safety

- Your child should be riding in car safety seat or booster seat in the back until 4' 9" tall
- Use sunscreen whenever outside
- Have child wear a good-fitting helmet for biking, skating, horseback riding, etc.
- Don't open the door for anyone you don't know
- Monitor your child's computer/internet use
 - o Know who she talks to online
 - o Install a safety filter
- Know your child's friends and their families
- Supervise activities with peers
- Teach your child plans for emergencies such as a fire
 - o Teach child how and when to dial 911

Healthy Habits

- Be active together as a family at least 1 hour or more daily
- Eat breakfast every day
- Encourage 3 servings of dairy per day
- Limit candy, soft drinks and high-sugar foods
- Offer 5 servings of fruits and vegetables daily
- No TV in child's bedroom
- Limit screen time to 1 hour daily
- Have family meals without TV
- Brushing teeth twice daily, flossing daily
- Dental visits twice a year
- Your child will begin to lose baby teeth
- Goal of 9-11 hours of sleep daily

School

- Discuss your child's progress at school with teachers
- Discuss bullying and your child's relationships with peers
- Encourage child to join clubs or activities they enjoy

Your Growing Child

- Average growth of 2 inches/year and 4-6 pounds/year
- Give your child chores to do and expect them to be done
- Hug, praise, and take pride in your child for good behavior and doing well in school
- Be a good role model
- Don't hit or allow others to hit
- Help your child do things for himself
- Discuss rules and consequences with your child
- Be aware of puberty and body changes in your child
- Talk about any of your child's worries

No Immunizations due

Next Well Child Visit: Yearly

Helpful Resources:

- www.choosemyplate.gov
- www.safekids.org
- www.childcrisisaz.org
- Poison Help: 1-800-222-1222