

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

6-7 Year Well Visit

What your child may be doing now:

Walk heel-to-toe

- Tie their shoes
- reading, spelling, and doing simple addition and subtraction
- write their first and last names and short sentences
- Begin to know the difference between fantasy and reality

Nutrition:

- Try to eat meals together as a family- children learn to eat healthy foods by seeing your example.
- Offer a variety of healthy foods every day from all food groups
- Balanced eating includes dairy, fruits, vegetables, whole grains and lean proteins
- Children should have between 16-24 ounces of low fat milk daily
- Limit sugary snacks and drinks
- If you do not have fluoride in your water, ask your doctor for a fluoride prescription

Parenting:

- Help your child to brush and floss teeth every day. Visit the dentist every 6 months
- Try to limit screen time to 1-2 hours daily.
- Do not have a TV or computer in your child's room
- Set family routines and give your child chores to do
- Help your child to do things for himself.
- Discuss rules and consequences with your child.
- Encourage your child to read for fun

- Encourage your child to play actively for at least 30-60 minutes/day.
- Encourage participation in after-school activities.
- Try to establish a regular homework routine, with a set time, and quiet space for your child to work.

Safety:

- Children must ride in a belt positioning booster seat until they are 8 years old OR 57.5 inches
- Use helmets on bikes, scooters, skateboards, skis, and other moving vehicles.
- Be sure to have carbon monoxide and smoke detectors in your home. Create a fire escape plan.
- Talk to your child about street safety and stranger safety. Talk to your child about not allowing anyone to touch his or her private parts.
- If you have guns in your home, keep them unloaded, and locked away. Keep ammunition in a separate location
- Use sun screen with SPF of at least 30 whenever you are out.
- Keep the Poison Control Number available: 1-800-Poison-1

When to call the office:

- Most children get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. Call our office if your child is acting very sluggish or irritable, has trouble breathing, has a fever over 103-104°F for more than 2 days, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the

[Pediatric Advisor](#) section on our website

Vaccines at this visit:

- The AAP and CDC recommend a yearly [Flu shot](#) for all children during flu season (August through March)

Web Resources:

- [Picky eating](#)
- [Choose My Plate](#)
- [Stranger safety](#)