



After Visit Summary for the 6-7 Year Old Well Visit

PNP Routine Vaccine Schedule

Vaccine Needed	Vaccines given at the 6-10 year old well visit
Influenza	Given every fall if not already received for the current influenza season

Category of Milestones	Expected milestones for 6-7 years of age
Social-Emotional	<ul style="list-style-type: none"> - Follows rules or takes turns when playing games with other children - Sings, dances or acts for you - Does simple chores at home, like matching socks or clearing the table after eating
Language and Communication	<ul style="list-style-type: none"> - Reading and spelling - Writing simple sentences
Cognitive	<ul style="list-style-type: none"> - Simple addition and subtraction - Understand the difference between fantasy and reality
Motor	<ul style="list-style-type: none"> - Tie their shoes

Safety Tips and Recommendations	
General Safety	<ul style="list-style-type: none"> ● Ensure the child always wears a helmet when riding a scooter/tricycle/bike. ● Never leave your child alone in the yard, house or car. ● Your child should be in a booster seat in the car until they are 8 years old OR 57 inches tall. ● Talk to your child about street and stranger safety. Have them memorize your home address and a parent's cell phone number ● Talk to your child about not allowing anyone to touch their private parts. ● Discuss with your child that there are no secrets between a child and parent. Create a safe environment which encourages them to ask all questions they may have.

	<ul style="list-style-type: none">● Teach your child how to respond to an emergency. Teach them how to dial 911.● Be sure to have carbon monoxide and smoke detectors in your home. Create a fire escape plan for the family.● Discuss gun safety in general with your child. Teach your child to never touch a gun if ever found. Teach them to immediately tell the supervising adult if a gun is found.● If you have guns in your home, keep them unloaded, and locked away. Keep ammunition in a separate location.
Healthy Lifestyle and Behavioral Recommendations	<ul style="list-style-type: none">● Encourage your child to have active time for at least 30-60 minutes a day.● Read to your child every day.● Have regularly scheduled meals every day. Try to have family meals when you eat with your child.● Limit screen time (iphone/ipad/television/computer) to a total of 2 hours or less per day.● Give your child a small set of reasonable responsibilities to help with around the house (for example: make their bed or help clean up the table after meals).● Consider time outs when necessary for the child to calm down and take a break.