

**6YRS**  
**PEDIATRIC**  
**CARE ADVISOR**



**Well Child Care**  
**Age 6**



Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.

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# Nutrition

Try to sit down and eat meals as a family. Avoid battles over eating. Remember that you have control over what your child eats. Offer healthy meals and snacks. Limit sugar and fat. Remember that growing bones need calcium and offer milk at each meal. Limit juice and all sweetened beverages to 4 oz per day.

Limit TV, computer and video games to 1 hour per day. Encourage your child to be active and play outdoors.

Recent studies suggest that lack of sleep contribute to childhood obesity. Have a set bedtime. An appropriate time at this age is 8 or 9 PM.

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# Development & Behavior

Six year olds spend much of their day away from parents. They are learning reading and math skills in school. They know the difference between make-believe and reality and their ability to reason has progressed. Children of this age are starting to develop a sense of independence. Six year olds can often be quite emotional and get angry or cry easily. They may slam a door when they are frustrated.

Talk to your child about his/her feelings. Children need to feel that they can safely express their feelings. Sometimes they do not know what they are feeling and you may have to help them process their emotions.

Remember that now that your child attends school, there are new and outside influences that may affect his/her behavior. Behavioral issues can be a challenge at this age. Your child needs boundaries and consistent parenting.

When your child misbehaves or does something hurtful, put him in a time out for about 5-6 minutes. When the time is up, tell your child how you would like him/her to behave. We don't recommend spanking, as this sends confusing messages about hitting. Model good ways of dealing with anger and frustration. Don't forget to praise good behavior!

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# Teeth

Brush teeth twice daily with a pea-sized amount of toothpaste and floss at least once a day. Schedule a dental exam every 6 months.

# Safety

- Make sure that what your child is watching on TV is age appropriate.
- Control which web sites your child can access on any computers or handheld devices.
- Teach children to dial "911" in case of emergency.
- Your child should always sit in the back seat of your vehicle.
- Use a booster seat until your child is over 4'9" tall.
- Make sure that the seat belt is properly fastened and the booster seat is securely tied down.
- Never leave your child alone in the car.
- Do not leave your child unsupervised near water; supervision should always be done by an adult.
- Use gates or fences around pool areas.
- Use sunblock with an SPF of 15 or higher and avoid spending time outdoors between 11 a.m. and 1 p.m.
- Your child should always wear a helmet when riding a bike or scooter.
- Teach your child how to cross the street safely.
- Discuss the importance of never talking to or going with strangers. Establish a code word that a person must say if they are sent by mom or dad to pick a child up. If the person does not say the word, your child should not go with them.
- Keep all medication and cleaning fluids locked in cabinets or in areas that your child cannot reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).

# Immunizations

Your child should have received booster vaccines at age 4 or 5. Vaccines are not usually needed at this age other than a yearly influenza vaccination in the fall.

You can find more information on vaccinations online at: [http://www.facey.com/ped/child\\_care.php](http://www.facey.com/ped/child_care.php)

# The Next Visit

Your child's next appointment will be at 7 years of age.

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