

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Six (6) Year Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Growth and Development

Your child will grow at a slow but steady rate over the next two (2) years. Call us if your child has a rapid gain in weight or has not gained weight for more than four (4) months.

Activities

- Kids can start to develop their life long interest in sports, arts and crafts activities, reading and music.
- Encourage participation in activities. Remember that the goal of competition is to have fun and develop oneself to the greatest capacity. Winning and losing should receive limited attention.
- Physical skills vary widely in this age group. The sports that kids will excel in will vary depending on whether the activity requires endurance (such as distance running), power (such as swimming), or excellent visual skills (such as baseball or softball).

Behavior

- Kids at this age like to take risks. They act confident and think they will not get hurt. Watch them closely, especially when they are near roadways, open water, or near a fire or electricity.
- Kids seem to have boundless energy. Prepare in advance for ways to let your child enjoy physical activity.
- Dawdling is a normal response at this age and demonstrates that a child is having a difficult time planning and thinking through the steps of accomplishing a task.
- Adults play important roles in the life of children at age six (6). Children will develop close relationships with teachers. It can be upsetting to a child when adults they love (including teachers) go through difficult times or changes.

Nutrition

Having many or most meals together as a family is ideal. Mealtime is a great time to allow your child to tell you of her day, interests, concerns and worries. Let your child have plenty of opportunity to participate in the discussion at the table.

Food preferences will vary. You need to balance good nutrition with what your child wants to eat. Major battles over what your child wants to eat are not worth the emotional cost.

Good table manners take a long time to develop. Model good table manners for your child.

Car Safety

- Everyone in a car must always wear seat belts or be in an appropriate booster seat or car seat.
- Don't buy motorized vehicles for your child.

Discourage Interest in Tobacco Products

- Smoking is unhealthy. Parents are influential in teaching children to avoid tobacco.
- If a parent smokes, the parent should set a quit date and stop smoking. Modeling non-smoking is a powerful example with important health consequences.
 - Talk to your child about smoking. Ask him what he knows about smoking and if he knows anyone hurt by tobacco.
 - Tell your child that smoking is related to the cause of death for 1 in every 5 people in the United States.
 - Teach your child to be civil and polite when he is around people who smoke. Also teach your child to avoid breathing in other people's smoke.

Dental Care

- Your child should brush his teeth regularly and should have regular visits to the dentist, usually every six (6) months
- Parents need to check their child's teeth after he has brushed
- Flossing the teeth before bedtime is recommended
- Permanent teeth may soon come in or may have started coming in
- The pits of the permanent teeth are prone to cavities; parents and dentist need to watch the teeth carefully and consider whether sealants which is a plastic coating that adheres to the chewing surface of the molar teeth and may help prevent tooth decay.

Immunizations

Your child may be current on all routinely recommended vaccinations. Sometimes influenza shots are recommended at this age depending on your child's health. Be sure to bring your shot record to all visits with your doctor.

Next Visit

We recommend your child's next routine exam be at seven (7) years of age.