



5-6 Year Old Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- ◆ You and your doctor will talk about parenting, your home, your health and safety as well as your child, and keeping your child happy and healthy.
- ◆ Talk about what your child is doing in their development.
- ◆ Check your child's hearing and vision.
- ◆ Talk about your child's friendships.



Development

Things your child should be able to do:

- ◆ Movement—Hop, skip, and climb.
- ◆ Hand skills—Tie a knot, hold a pencil, draw a person with 6 body parts, write some letters and numbers, copy square and triangle
- ◆ Language—Tell a story and others are able to understand the child's speech, name more than 4 colors, count to 10, follow simple directions, listen.
- ◆ Social—Know if they are a boy or a girl.
- ◆ Emotional—Tell real from pretend.

Learning to Read

- ◆ Children who grow up with books seem to read early and do well in school.
- ◆ Read with your child at least 30 minutes of time each day.
- ◆ Reading at bedtime can help your child to wind down from the day.
- ◆ Read aloud with funny voices to allow for bonding time.
- ◆ Do not force your child to sound words out before they are ready; try to make it fun!
- ◆ When they read words, give lots of praise!












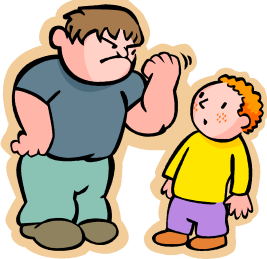


Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 5-6 Year Olds

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| <p>Nutrition & Exercise</p> |  <p>Make sure your child eats a healthy breakfast everyday.</p> |  <p>Limit candy, soda, and junk food.</p> |  <p>Your child should exercise one hour each day.</p> |
| <p>Emotional Health</p> |  <p>Assign your child chores to teach responsibility.</p> |  <p>Show your child love and respect.</p> |  <p>Teach them about discipline, not punishment. Do not use violence.</p> |
| <p>Safety</p> |  <p>Teach your child about street safety. Look both ways and do not allow them to cross alone.</p> |  <p>Use a helmet and pads when riding a bike, and use a booster seat in the car.</p> |  <p>Teach your child about safety around other adults, and talk to them about their "privates."</p> |
| <p>School Success</p> |  <p>Talk to your child about their activities at school each day.</p> |  <p>Take part in school activities and parent-teacher meetings.</p> |  <p>Ask your child about friendships and bullying.</p> |

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

