



WELL CHILD CARE

Six to seven year old check-up

Eating:

You can help keep your child healthy by including a fresh fruit or vegetable with every meal. A balance of meat, dairy products, breads, fruits and vegetables is important. It's not too early to control the amount of fat he eats.

Kids need snacks, but be sure they are healthy snacks-without too much fat, sugar and salt. Fruits, carrots, celery and grain products such as rice cakes or dry cereal are good snacks

Growth:

Has your child lost his front teeth yet? He will begin to lose his baby teeth and get his permanent teeth. Your child will grow about 2 inches every year, and will gain around 4 - 6 pounds. At this age, girls and boys are generally the same size.

Teeth:

Be sure to remind him to brush and floss twice a day. Visit the dentist twice a year.

Getting Along:

Are the family rules the same for everyone? Remember to be consistent with the family rules. By now, your child knows what is important to you and wants to follow your ways. As he plays more with friends, he will begin to wonder why rules are different at other houses. Talk about these different rules with him.

Children this age really like to be around friends their own age (usually girls with girls and boys with boys.) See how your child has learned to share and cooperate with others. In a group activity, he can work with others to complete a job. He likes to belong to groups such as Scouts, sport teams, dance, etc.

Growing Up:

Looking to others for approval is important. Things that make your child feel good may be school grades, additional privileges, money and other recognition. This gives him a better sense of independence. Get involved in his school. Meet his teachers and volunteer to help with school activities. Talk to his teachers any time you have concerns about school activities.

Your child is really happy when he can finish a task. Let him have chores around the house that he can handle, like keeping his room clean, setting the table, or feeding the dog. He can get himself ready for bed and for school.

Thinking:

Every day, there are new things to learn. Ask your child what he did in school and look over the papers he brings home. He can read a regular clock or watch and can tell time. He knows the days of the week and months of the year. He can place things in order and sort out which things are different. You can see this in a stamp or trading card collection. See if he can count backwards for you. He enjoys reading, so have him read you a story for a change. He can memorize things and participate in a spelling bee.

WELL CHILD CARE

Discipline:

When your child does something wrong, let him know why that behavior is wrong. Point out what would have been better to do. If his action hurts someone, talk about how the other person feels. This teaches him empathy. Time out in his room or taking away a privilege is good discipline.

10 Safety Tips

There are lots of ways to help keep your child safe. Here are a few tips to follow:

1. Be sure to keep the seat belt rule-no booster seat or seat belt, car doesn't move. Keep kids in the backseat. Remember children will be in a booster seat usually through the 7th or 8th year before going to a seatbelt alone.
2. Teach him how to be safe around traffic.
3. Remember to wear helmets when riding bikes, rollerblading, or scooters.
4. Encourage your child to learn to swim. Make sure he always swims with an adult around.
5. Teach him what to do if his clothes catch on fire: Stop, Drop and Roll.
6. Keep hazardous things away from children-lighters, matches flammable liquids.
7. Teach him to "Say NO" to drugs, alcohol and cigarettes.
8. Keep all materials in their original containers. Don't pour cleaning agents into a soda pop can or bottle.
9. Keep firearms locked up.
10. Review stranger safety.

REMEMBER: Kids Play Sports to Have Fun!

Sports are a great way to get exercise and have fun. If you push your child to play a sport that he's not ready for, he probably won't enjoy himself. This might turn him off to sports altogether. Before signing up for a sports program, ask yourself these questions:

- Is my child physically ready to play this sport? (Can he dribble a ball, or maneuver a hockey stick while skating?)
- Is my child emotionally ready to play this sport? (Can he wait patiently while other kids take their turns or would he prefer the group movement of a team sport?)