



# 5-6 Year Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

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## What will happen today:

- ◆ You and your medical provider will talk about parenting, your home, your child's health and safety, and keeping your child happy and healthy
- ◆ Check your child's hearing and vision
- ◆ Talk about how your child is doing in their development
- ◆ 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 a 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—Identify with a gender
- ◆ 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 each day
- ◆ Reading at bedtime can help your child 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!












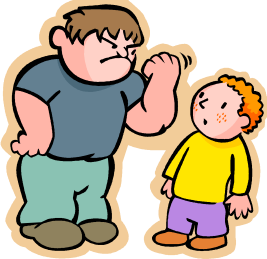


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Poison Control Center  
1-800-222-1222



# Staying Healthy for 5-6 Year Olds

<b>Nutrition &amp; Exercise</b>	 <p>Make sure your child eats a healthy breakfast everyday</p>	 <p>Limit candy, soda, and junk food</p>	 <p>Your child should exercise 1 hour each day</p>
<b>Emotional Health</b>	 <p>Assign your child chores to teach them responsibility</p>	 <p>Show your child love and respect</p>	 <p>Teach them about discipline, not punishment. Do not use violence</p>
<b>Safety</b>	 <p>Teach your child about street safety. Look both ways and do not allow them to cross alone</p>	 <p>Use a booster seat in the car, and a helmet and pads when they ride a bike</p>	 <p>Teach your child about safety around other adults, and talk to them about their "privates"</p>
<b>School Success</b>	 <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 exam
- They may receive shots

