



## FIVE AND SIX YEAR VISITS

### Anticipatory Guidance

#### Safety

- Use a forward-facing car seat or switch to a belt-positioning booster seat when your child reaches the weight or height limit for her car safety seat, her shoulders are above the top harness slots, or her ears come to the top of the car seat. Read more about car seat safety at [healthychildren.org](https://www.healthychildren.org) and the [CDC](https://www.cdc.gov).
- The back seat is the safest place for children to ride until they are 13 years old.
- Teach your child to safely cross the street and ride the school bus. Children are not ready to cross the street alone until 10 years or older.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, skiing, snowboarding, and horseback riding.
- Make sure your child learns to swim. Never let your child swim alone.
- Use a hat, sun protection clothing, and sunscreen with SPF 30 or higher. Limit time outside when the sun is strongest (11am-3pm).
- Help your child learn her full name, address, and telephone number. Teach your child how to contact you during the daytime as well as first and last names of family members.
- Teach your child about how to be safe with other adults.
  - No adult should ask a child to keep secrets from parents.
  - No adult should ask to see a child's private parts.
  - No adult should ask a child for help with the adult's own private parts.
- If you have a gun in your home, store it unloaded and locked with the ammunition locked separately.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

#### Family Rules and Routines

- Family rules create a sense of safety and security for your child.
- Teach your child what is right and what is wrong.
- Spend time with your child. Hug and praise her.
- Help your child do things for herself.
- Give your child chores to do and expect them to be done.
- Use discipline to teach, not to punish.
- Help your child deal with anger and conflict. Be a role model.
- Teach your child to walk away when she is angry and do something else to calm down, such as playing or reading.

#### Ready for School

- Talk to your child about school.
- Read books with your child about starting school.
- Take your child to see the school and meet the teacher.
- Help your child get ready to learn. Feed her a healthy breakfast and give her regular bedtimes so she gets at least 10 to 11 hours of sleep.
- Make sure your child goes to a safe place after school.

- If your child has disabilities or special health care needs, ensure she has an Individualized Education Program (IEP) in place.

## Healthy Habits

- Give your child two to three servings of dairy each day.
- Limit candy, sugar sweetened drinks, and sugary foods.
- Help your child be a healthy eater by
  - Providing healthy foods such as vegetables, fruits, lean proteins, and whole grains.
  - Eating together as a family.
  - Being a role model in what you eat.
- Make sure your child is active for 1 hour or more daily.
- Don't put a TV in your child's bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- Help your child brush her teeth twice a day.
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss daily.
- Your child should visit the dentist at least twice a year.

**Next Well Check:** In one year

**This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next year with your child.**