

5 to 6 Year Checkup

Date: _____

Weight: _____

Height: _____

BMI %: _____



“Sometimes I brush my teeth with my child and, to make it fun, we brush our teeth for the length of time of her favorite song.”

– Kaiser Permanente member

Your child may be ready to ...

- dress him or herself without help
- learn home address and phone number
- count on fingers
- copy triangles and squares
- play make believe

Eating

- Give three nutritious meals and two healthy snacks daily. Offer your child a variety of healthy foods.
- Serve your child a balanced breakfast or make sure that the school provides one.
- Serve your child fruits and vegetables daily (four cups total).
- Offer your child nonfat or low-fat dairy products (milk, yogurt, cheese), two cups total a day.
- Let your child decide how much to eat.
- Limit juice to no more than 4-6 ounces each day. Also, cut down on sodas, chips, fast foods, and sweets.

Healthy habits

- Don't smoke! Smoking around your child increases the risk for ear infections, asthma, colds, bronchitis, and pneumonia.
- Encourage your child to be active every day (aim for 60 minutes/day).
- Limit screen time (TV, computers, and video games) to 1 to 2 hours a day. Check programs to be sure they do not show violence or sex.
- Help your child brush his or her teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Ensure that your child gets enough sleep by setting a regular bedtime.
- Put sunscreen (SPF 15 or higher) on your child before he or she goes outside.

Safety

- **Pedestrian injury.** Watch your child carefully near the street. Children should not cross streets alone until they are at least 8 years old.
- **Prevent injuries.** Make sure your child wears a helmet that fits properly for all bike and scooter riding. Add wrist

guards, knee pads, and gloves for skateboarding, rollerblading, and scooter riding.

- **Booster seat.** Continue to use a belt-positioning booster seat. Be sure the vehicle lap and shoulder belt are positioned across the child in the back seat. California law requires the use of a belt-positioning booster seat in the back seat until child becomes 6 years old or weighs 60 lbs.
- **Prevent drowning.** Watch your child at all times when he or she is near any kind of water. Knowing how to swim does not make your child “drown proof.”
- **Guns.** Unload and lock-up all guns.
- **Lead poisoning risk.** Tell your doctor if your child spends a lot of time in a house built before 1978 that has chipped or peeling paint.
- **Pet Safety.** If you are considering getting a family pet, consider your family structure, lifestyle and environment. A pet's space and exercise requirements are very important factors because animals can be dangerous when these needs are not met. Teach your child to “be like a tree,” and back away slowly if ever threatened by a loose or wild animal.

Parenting

- Read stories, give praise and show affection to your child daily.
- Teach your child your home address, phone number, and how to call 911.
- Teach your child not to accept anyone touching his or her private parts.
- Teach your child not to accept anything from strangers and not to go anywhere with strangers.
- Don't yell or spank. Use “Time Out” instead.

When your child is ready for kindergarten

Children start kindergarten between 4¹/₂ and 6 years old. It can be difficult to know exactly when your child is ready for school. Your local elementary school or preschool can help. Most children are ready for kindergarten if they already have these skills:

Behavioral skills

Your child can . . .

- keep hands to him or herself while in line
- sit and focus attention for at least five minutes
- sit quietly while listening to a story
- participate in clean-up activities
- use words to express frustration rather than acting out
- work with other children in small groups
- complete a teacher-assigned task
- dress him or herself and use the bathroom without help

Muscle skills

Your child can . . .

- stand and hop on one foot
- throw and catch balls
- hold a pencil correctly
- cut with scissors
- copy or trace a line and circle

Language/math skills

Your child can . . .

- spell and write his or her first name
- complete two-step directions (like “do this and then do that”)
- talk with children and adults
- sing songs with a group
- count from 1 to 5
- identify two objects as large/small
- understand the concept of “first” and “last”

The information presented here is not intended to diagnose health problems or to take the place of the information or medical care you receive from your child’s health care professional. If your child has persistent health problems, or if you have additional questions, please consult your child’s physician or other health care professional.

Food group	Number of servings	Example
Fats and oils	As little as possible.	Oil, butter, mayonnaise, gravy, fatty meat (bacon, sausages, ribs, pastrami, salami), salad dressing
Lean meat, fish and dairy	Dairy 2 cups/day Meat/Fish 5 oz./day	Milk (nonfat or low-fat), cheese, yogurt, beans, chicken (without skin), lean meat (fat trimmed off), fish – baked, grilled, broiled, not fried
Fruits and vegetables	Fruits 1 ¹ / ₂ cups/day Vegetables 2 ¹ / ₂ cups/day	Apples, bananas, pears, melon, strawberries, grapes, cherries, oranges, tangerines, carrots, celery, broccoli, green beans, peas, lettuce, tomatoes, yams
Bread, cereal, rice and pasta	Grains 6 oz./day (Half these grains should be whole grains.)	Whole grain bread, cereal (vitamin fortified), rice, whole grain crackers, corn, tortillas, pasta, granola bars, oatmeal.

Feeding children 5 to 8 years old

Healthy eating habits:

- Serve three balanced meals a day plus two healthy snacks.
- You decide what foods to serve, when meals and snacks are served, and where to eat.
- Let your child decide whether or not to eat and how much to eat.
- Offer a variety of foods. Serve foods your child likes. Praise children for trying new foods.

Eating habits to avoid:

- Avoid forcing your child to eat. If your child is not hungry at one meal, it’s okay for him or her to wait until the next meal or snack is served.
- Avoid eating while watching TV. It can lead to “mindless” eating and increases the risk that a child will be overweight.
- Avoid eating fast food and “junk food” (like chips, soda, candy, donuts, french fries, cookies). It is often high in fat, salt, sugar and extra calories.

Other resources

Web Sites

Kaiser Permanente
kp.org
American Academy of Pediatrics
aap.org
Bright Futures
brightfutures.org
Preventive Ounce
preventiveoz.org

Books

Caring for Your School Age Child – Schor
How to Get Your Child to Eat, But Not Too Much – Satter
Kindergarten: Ready or Not? A Parent's Guide – Walmsley, et al
Temperament Tools – Neville, et al
Kaiser Permanente Healthwise Handbook

Contact your local Health Education Department or Center.

Please share

this handout with anyone who takes care of your child.



The next checkup is when your child is 6-8 years old.



Your child may get immunizations (shots) at the next visit.