

# 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 a variety of fruits and vegetables. They should cover half of your child’s plate.
- Offer your child nonfat or low-fat dairy products (milk, yogurt, cheese).
- Aim for 3 cups total a day. Your pediatrician may recommend additional calcium and vitamin D supplements.
- Let your child decide how much to eat.
- Juice is not as good for your child as whole fruits. If you do serve juice, limit it to no more than 4 to 6 ounces each day. Make sure the label says “100% whole fruit juice.”
- 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.
- To protect your child from the sun, try to stay in the shade, especially between 10am and 4pm. Use a broad spectrum (UVA and UVB protection) sunscreen with an SPF of at least 15. Cover up with a broad brimmed hat, long sleeves and pants, and sunglasses with UV protection.

## 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 riding. Add wrist guards, knee pads, and gloves for skateboarding, rollerblading, and scooter riding.
- **Car seat.** Keep your child in a forward facing car seat in the back seat until he or she reaches the highest height or weight limit allowed by your car seat’s manufacturer. Once your child outgrows the forward-facing car seat, it’s time to use a belt-positioning booster seat secured in the back seat. Use the booster seat until your child is at least 4 feet 9 inches tall. (Most children need their booster seats until they are between 8 and 12 years old.)
- **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.
- **Animal Safety.** If you are considering getting a family pet, think about 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 4½ 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 an 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 3 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 1½ cups/day Vegetables 2½ 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 of 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.
- Serve water or non-fat milk.

### 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.
- Do not bribe your child using food as a reward.

## Other resources

### Web Sites

Kaiser Permanente  
[kp.org](http://kp.org)

American Academy of Pediatrics  
[healthychildren.org](http://healthychildren.org)

National Highway Traffic Safety Administration  
[nhtsa.org](http://nhtsa.org)

Bright Futures  
[brightfutures.org](http://brightfutures.org)

Preventive Ounce  
[preventiveoz.org](http://preventiveoz.org)

My Plate  
[choosemyplate.org](http://choosemyplate.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

**Contact** your local Health Education Department or Center.

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**Please share**  
*this handout with anyone  
who takes care of your child*

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



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