

# 6 to 8 Year Checkup

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

BMI %: \_\_\_\_\_



*“I wanted my children to eat more healthy foods, so I changed my diet to include more fruits and vegetables. They wanted to copy me and began to eat more fruits and vegetables, too.”*

—Kaiser Permanente member

## Eating

- Make meals a family time. Talk with your family at mealtime with the TV off.
- Give three nutritious meals and two snacks daily. Offer your child a variety of healthy foods.
- Offer your child a balanced breakfast or make sure that the school provides one.
- Serve your child a variety of fruits and vegetables. They should cover half your child’s plate.
- Let your child decide how much to eat.
- Offer your child nonfat or low-fat dairy products (milk, yogurt, cheese). Aim for 3 cups a day. Your pediatrician may recommend additional calcium and vitamin D supplements.
- Limit juice to no more than 4 - 6 oz. each day. Also, set limits on soda, chips, fast food, and sweets. They tend to be high in fat and empty calories.
- Let your child help you plan and prepare meals.

## Healthy habits

- Don’t smoke! Smoking around your child increases the risk for ear infections, asthma, colds, bronchitis, and pneumonia.
- Help your child brush and floss his or her teeth every day. Visit the dentist twice a year.
- Limit screen time (TV, computers, and video games) to 1 to 2 hours a day. Check programs to be sure they don’t show violence or sex.
- Teach your child to wash his or her hands after using the bathroom and before eating.
- Encourage your child to be active every day (60 mins./day). Take family walks and let your child see you being active.
- 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

- **Booster seat.** Use a belt positioning booster seat secured properly in the back seat for every ride. Keep children in their booster seats in the back seat until they are at least 4 feet 9 inches tall and can pass the Seat Belt Fit Test:
  - o The seat belt needs to lie snugly across the upper thighs, not the stomach.
  - o The shoulder belt should lie across the shoulder and chest.
  - o The shoulder belt should not cross the neck or face.
 Most children need their booster seats until they are between 8 and 12 years old.
- **Fire safety.** Install and check smoke and carbon monoxide detectors. Have a fire and earthquake escape plan and practice it with your family.
- **Prevent injuries.** Make sure that your child wears a helmet that fits properly for all bike riding. Add wrist guards, pads, and gloves for skateboarding, rollerblading, and scooter riding.
- **Pedestrian injury.** Watch your child carefully near the street. Children should not cross streets alone until they are at least 8 years old.
- **Gun safety.** 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.** Teach your child to never approach or try to touch any strange animal, wildlife, or bird. If ever threatened by a loose or wild animal teach your child “to be like a tree” and back away slowly.

## Parenting

- Read with your child daily.
- Teach your child his or her 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 or go anywhere with strangers.
- Give your child simple chores.
- Discipline: Don’t yell or spank. Use logical consequences and positive rewards instead.

## Adjusting to school

### Help your child unwind after school.

- Set aside some time to talk about school every day.
- Have unstructured activities after school (play, sports).
- Try not to have too many after school commitments (sports, music, clubs, etc.).

### Help your child get organized.

- Provide a “study space”—desk or table with good lighting, away from TV.
- Help your child develop the habit of organizing the night before (clothing, lunch, and homework) instead of in the morning.
- Place a large wall calendar near the desk to help your child remember important dates.

### Establish a regular homework routine.

- Set a fixed time each afternoon or evening for homework. (15 to 60 minutes is usually enough time.)
- Be available to answer questions and encourage your child every day.
- Do not do the homework yourself.

### Make learning important and fun.

- Ask questions, exchange ideas, solve problems together. Show interest in your child’s schoolwork.
- Have lots of books and games at home.
- Let your child see you enjoying new challenges, learning, and reading.
- Be involved in your child’s school, perhaps as a volunteer.

## Parenting tips for preventing violence

Violence is a leading cause of death in children. Studies show that violent behavior is often learned early in life. Parents play an important role in reducing violence by raising children in a loving, nonviolent home.

- Don’t hit or spank your children. Instead use loss of privileges (treats, TV, video games, movies, playing with friends). Give your child

consistent love and attention. Praise good behavior.

- Don’t allow your child to watch violent TV programs or movies or play violent video games. Help your child understand that violence in real life hurts people.
- Make sure you know where your children are. Young children should always be supervised by an adult. Unsupervised children tend to have more behavior problems.

### When your child behaves aggressively (hitting, kicking, biting, pushing) ...

- Have firm rules and be consistent. “People do not hit. Hitting hurts, and we do not hurt people.”
- Give an immediate cooling off period to help your child calm down. Have your child cool off for one minute for every year of age (10 minute maximum). Use a timer.
- Stop aggressive behavior early (when pushing or shoving) instead of waiting for someone to be hurt. If “Time Out” does not work, take away TV privileges, a favorite toy, or visits with friends (for one day).
- Give special attention to the child who was hurt. Pick up or hug the child who was injured.
- Teach your child good ways to express anger. Use words to express anger. (“This really makes me mad when ...”) Teach your child to stop and count to 10 when angry and to walk away from a bad situation.

### If your child is being bullied ...

- Listen to your child’s concerns. Give praise for facing up to his or her fears.
- Teach your child not to react or give in to the bully, but to stay calm and walk away. If this does not work, tell your child to say, “Stop doing that, or I will report you to the principal.”
- Teach your child to talk things out. “I will talk to you, but I won’t fight.”
- Encourage your child to spend time with friends.

### If your child is a bully ...

- Take the problem seriously. Tell your child that you are disappointed with the behavior and will not tolerate behavior that hurts other people. Explore what may be causing the behavior.
- Take away privileges (no playing with friends, TV, video games) after bullying incidents.
- Teach your child to talk out his or her differences instead of fighting.
- Give praise or rewards for good behavior.

## Other resources

### Web sites

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

National Youth Violence Prevention Resource Center  
[safeyouth.org](http://safeyouth.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)

### Books

*Caring for Your School Age Child* – Schor  
*Your Child’s Health* – Schmitt  
*How to Talk So Kids Will Listen & Listen So Kids Will Talk* – Adele Faber, et al.

*Temperament Tools* – Neville, et al.

*Facing the Schoolyard Bully* – Zarzour

**Contact** your local Health Education Department or Center for health information, Healthy Living Programs, and other resources.

## Please share

*this handout with anyone who takes care of your child.*



The next check up is when your child is 8 - 10 years old.



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