



## *Caring for your 6-year-old child*

Name \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_ Date \_\_\_\_\_

### **Keep Your Child Safe**

***Use a Seat Belt*** Have your child use a seat belt every time they are in a car. Riding in the back seat is safest.

- Prevent Drowning***
- Teach your child how to swim.
  - Reinforce safety rules for swimming pools.
  - Learn child cardiopulmonary resuscitation (CPR).

- Prevent Burns***
- Protect your child from sunburn. Teach him how to apply sunscreen.
  - Keep your child away from hot stoves, hot liquids and hot pots.
  - Set the water heater thermostat so that the water is not hotter than 120°F.
  - Teach your child what to do in case of fire in the home. Show her how to dial 911

- Prevent Poisoning***
- Lock all poisons (medicines, bug sprays, paints, cleaning agents) out of reach and sight of your child.
  - Know where to find the phone number to the Poison Control Center.

- Prevent Other Injuries***
- Make sure an adult is always watching your child.
  - Teach your child to respect animals and other living things.
  - Require your child wear a helmet when using a tricycle, bike, or in-line skates.
  - Make sure you have smoke detectors on your ceiling. Check twice a year to make sure they work.
  - Teach your child about pedestrian and playground safety. Supervise all play near streets and driveways.
  - Teach her not to follow or accept gifts or car rides from strangers.
  - ***Never hit your child!***

### **Provide Healthy Nutrition**

- Offer 3 meals and 2 nutritious snacks per day. Nutritious snacks are low in fat and sugar and high in fiber (like most fruits).
- Offer her nutritious foods and let her decide what and how much to eat. You choose the menu; do not let her dictate it. Avoid soft drinks and switch to low-fat milk.
- Eat healthy foods yourself. Show that mealtime is enjoyable and not rushed. Try to eat together as a family.



## Practice Healthy Parenting and Care-giving

### *Encourage Healthy Development*

- Stimulate your child socially: provide opportunity for play and work with others. Limit television to no more than 2 hours daily. Watch programs together and discuss them. Enroll him in school.
- Stimulate her mind: take her to a library, park or museum. Enroll her in school. Encourage her to read.
- Strengthen his body: encourage physical activity that is safe. Be physically active together!
- Give her responsibility, but set reasonable expectations.
- Provide sex education: answer questions after asking what your child thinks. Use correct words for genitalia (like “penis” and “labia”). Keep age-appropriate sex education books in the home (available in the library).
- Provide spiritual and moral support: ensure your child knows the difference between right and wrong. Encourage respect for authority.
- Respect your child. Listen to him and answer his questions honestly. Show affection. Spend individual time with him doing something you both enjoy. **Never yell at him**

### *Encourage Healthy Behaviors*

- Praise your child for healthy behavior, cooperation and accomplishments.
- Encourage self-control. Teach your child how to manage anger and resolve conflict without violence.
- Know your child’s friends and their families.
- Help the family create a few rules that apply to everyone in the family. Enforce them consistently.

### *Encourage Self Care*

- Help your child brush his teeth at least twice daily. Use a small amount of toothpaste with fluoride. Take him to the dentist at least once a year. Ask the dentist about dental sealants.
- Your child needs a regular bedtime, usually 8-9 p.m. Help her sleep through the night in her own bed.
- Teach your child that some parts of the body are private and can only be touched with her permission. Tell her to report unwanted touching right away.

### *Prevent Sickness —Identify and Treat It Early*

- Keep your child away from cigarette smoke. Do not smoke in the car or your home.
- Treat the pain of minor injuries with acetaminophen or ibuprofen
- Call the clinic right away if your child has a fever but no symptoms of a cold, is coughing a lot or may be dehydrated. A fever is an oral temperature of 100.4°F or higher. A dehydrated child is much less active than usual, or has dry lips and a pasty mouth.

**Your child’s next visit is when he is 7 years old.**