Optimum Internal Medicine & Pediatrics
Dr. Christopher Burress
Board certified Internal Medicine and Pediatrics

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 your child 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 120ºF.
- Teach your child what to do in case of fire in the home. Show your child 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 your child 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 your child nutritious foods and let your child decide what and how much to eat. You choose the menu; do not let your child 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.

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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 your child in school.
- Stimulate your child's mind: take your child to a library, park or museum. Enroll your child in school. Encourage your child to read.
- Strengthen your child's body: encourage physical activity that is safe. Be physically active together!
- Give your child 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 your child and answer your child's questions honestly. Show affection. Spend individual time with your child doing something you both enjoy. **Never** yell at your child

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.
- **Limit Screen time to 1 hour** with your child by limiting exposure to Cell Phones, Tablets, or Laptops

Encourage Self Care

- Help your child brush your child's teeth at least twice daily. Use a small amount of toothpaste with fluoride. Take your child 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 your child sleep through the night in your child's own bed.
- Teach your child that some parts of the body are private and can only be touched with your child's permission. Tell your child 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 your child is 7 years old.