



SIX TO TEN YEARS

Anticipatory Guidance (Do's and Don'ts):

- Engage in regular physical activity. Consider community and school youth sports.
- Plan family physical activities such as biking, running, walking, hiking and swimming.
- If your child is involved in organized sports, ensure that the coach emphasizes learning and play rather than winning. Also, make sure child wears recommended protective equipment.
- Brush teeth at least once a day and floss regularly. Continue fluoride supplement if water not fluoridated. Schedule regular dental check-ups.
- Get adequate sleep. Most children need at least 9-10 hours of sleep per night.
- Limit TV viewing, video games and computer time.
- Bicycle and Skating Safety: Wear a helmet and other protective gear if indicated.
- Car safety: Booster seat is required until 6 years of age or at least 60 pounds. Child should always ride in rear seat until age 12.
- Water Safety: Have your child take swimming lessons if he/she does not already know how to swim. Even if he or she knows how to swim, your child is not safe alone in water and should not play around water unless an adult is watching.
- Firearm Safety: If you choose to keep a gun, store it unloaded and in a locked place. Separate from ammunition. It is best to keep all guns, especially handguns, out of your home.
- Teach your child what to do in the event of a fire or an earthquake. Put emergency numbers by or on your phone. Teach your child how to call 911 and when 911 should be called.

What you can do:

- Establish fair, understandable rules about chores, TV watching, computer time, outside activities, homework, bedtime.
- Work on communication with your child. Spend active time with your child on a daily basis if possible. Try to have family meals together.
- Praise and encourage your child's daily school and outside activities. Praise will contribute to your child's self-esteem.
- Show affection. If there are siblings, promote the individual strengths of each child.
- Provide an allowance and guidance in using it.
- Reinforce age appropriate independence and self responsibility. Make arrangements for adult supervision when parent(s) are absent from home.
- Always keep in mind that as a parent, you are an important role model for your child.

Common Concerns – Physical Activity

Children love moving around. Exercise will help shape your child's body and their sense of self. It gives your child coordination and balance, strength, speed, flexibility, and an awareness of themselves and space. If they are a part of a group, they will learn cooperation and responsibility for others.

As your child gets older, they may become more social, more coordinated, and better able to follow rules. They may want to take lessons or join organized sports. Dancing classes, biking and hiking groups, or neighborhood basketball can offer them a chance to develop physically.

Some children prefer group activities such as soccer, basketball, or baseball. Others like individual ones such as tennis, dance, gymnastics, or swimming. Your child may try several activities before they find the one they most enjoy. It may not be the activity they are best at or the one you imagined for them. Having fun is what counts.

Feeding:

- Eat a well balanced diet. Have breakfast before going to school.
- Avoid excessive junk food, high carbohydrate snacks, sodas and juices.
- Encourage more fresh fruits and vegetables and whole grain foods as well as water.

Next Visit: in 1-2 years (age 7-8 years)

