

Well Check: 5 and 6 years

Your child has a lot of energy. Find ways to make physical activity a regular a part of their day, just like eating and sleeping. Even better, find ways to be active every day together.

Helping your child learn and grow

- **Help your child prepare to start school.**
 - Read books with your child about starting school.
 - Visit your child's school, and meet the teacher.
 - Make sure your child is in a safe place with an adult every day after school.
 - Talk with your child every day about how they feel about school. Ask about how children behave with each other and about how your child behaves toward others.
- **Help your child learn good sleep habits.** Your child needs 9 to 13 hours of sleep each day.
- **Help your child learn responsibility.**
 - Give your child chores. Help your child learn to do as much as possible on their own.
 - Help your child learn right from wrong. Have a few simple but firm household rules.
 - When you need to discipline your child, try to do it in a way that doesn't embarrass your child in front of others. Try to praise good behavior more often than you punish bad behavior.
 - Teach your child to handle anger responsibly. Teach your child to walk away from an angry situation or to talk calmly about it. Be an example of good behavior.
 - Listen carefully to your child when they are talking to you. Put your phone away so you can look at them. Be an example of listening and paying attention.



(Milestone) At 5 or 6 years old, most children:

- Want to be like their friends
- Can tell what's real and what's make-believe
- Speak clearly
- Can write some letters and numbers
- Can hop and skip and do a somersault

Children reach milestones at their own pace. For detailed information about milestones, visit [cdc.gov/actearly](https://www.cdc.gov/actearly), or call 1-800-CDC-INFO.

Keeping your child active

- **Limit screen time.** Establish rules to limit media use and create a media plan for your family at: [healthychildren.org/MediaUse Plan](https://www.healthychildren.org/MediaUsePlan)
- **Be physically active.** Make sure your child is active for at least an hour a day. Except when sleeping, your child should not be still for more than an hour at a time. Try to be active together as a family.

Feeding your child

- Make sure your child has a healthy breakfast every day.
- Offer your child 5 servings of fruit and vegetables during meals and snacks each day.
- Limit fast food, candy, soft drinks, and high-fat foods.
- Eat dinner together as a family regularly. This helps to improve your child's self-esteem, and school performance.
- Ask your doctor for advice if you're concerned about your child's weight or eating habits,

Keeping your child safe and well

- **Make sure your child gets recommended immunizations on schedule.**
- **Be safe at home and other places.**
 - Make sure your child learns to swim. Even when your child can swim, always watch them near water.
 - Make sure your child wears a well-fitting helmet when bicycling, skating, skiing, or doing anything else that could cause a fall.
 - Make sure your child wears sunscreen and bug spray when outside.
 - Teach your child to enjoy music and media at moderate volumes to avoid hearing loss.
 - Try to avoid trampolines. Because thousands of children are injured each year playing on trampolines, teach your child how to be safe if they use one. Only 1 jumper should be on the trampoline at a time, and there should be an adult supervising at all times.
 - If there is a gun in any house that your child visits, make sure it is unloaded and securely locked up separately from ammunition.

This is general information that applies to most families. If your doctor tells you something different, follow what your doctor says.

- **Be safe in and around cars.**
 - Practice safe driving habits by always wearing your seatbelt, avoiding talking or texting while driving, and never driving under the influence of alcohol, drugs, or certain medicines.
 - Help your child learn to cross the street safely, but don't let them do it alone. Your child should not cross the street alone until age 10 or older.
 - Your child needs to ride in the back seat of the car in a booster seat. Children should never ride in open pickup truck beds or on an ATV. Children should always have an adult with them in or around motor vehicles.
- **Teach your child to be safe with other adults.**
 - No adult should ever ask your child to keep a secret from you. No one should ask to see your child's private parts. Teach your child the correct names for their private parts.
 - Teach your child to tell a trusted adult if anyone makes them feel uncomfortable.
 - If you or your child feel unsafe, our office can help you find someone who can help.
- **Help build healthy teeth-cleaning habits.**
 - Help your child brush their teeth after breakfast and before bed. Have your child use a pea-sized amount of toothpaste, and spit it out but not rinse.
 - Help your child floss their teeth before bed.
 - Have your child visit the dentist every 6 months.

My follow-up appointment

Your next well-child visit will be in 1 year.

Date / Time: _____

Where can I learn more?

If you think your child may have eaten poisons, medicines, or cleaning supplies, call Poison Control immediately at 1-800-222-1222.

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