

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 responsibility**
 - Give your child chores. Help your child learn to do as much as possible by themselves.
 - 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.



MILESTONES *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

- Make sure your child is active for at least an hour a day. Try to be active together as a family.
- Limit screen time (TV, computer, phone, tablet) to 1 hour per day. Do not have a TV or computer in your child’s room.
- Except when sleeping, your child should not be inactive for more than an hour at a time.

Feeding your child

- Make sure your child has a good 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 meals together as a family.

If you're concerned about your child's weight or eating habits, ask your doctor for advice.

Keeping your child safe and well

- Make sure your child gets the recommended immunizations.
- Help your child get 9 to 12 hours of sleep each night.
- Help your child 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. Talk to your dentist about fluoride.
- Teach your child to be safe with other adults
 - Tell your child that no adult should ever ask him to keep a secret from you.
 - Tell your child that no one should ask to see their private parts. Teach your child the correct names for private parts.
 - Tell your child that if anyone makes them feel unsafe or uncomfortable, to tell a trusted adult.
 - If you or your child feels unsafe, our office can help you find someone who can help.

- Build safe habits
 - Your child should always ride in the back seat of the car, in a booster seat.
 - Make sure your child learns to swim. Even when your child can swim, always watch him near water.
 - Make sure your child wears a well-fitting helmet when bicycling, skating, skiing, or doing anything else that could cause a fall. Be a good role model—make sure to wear your own helmet.
 - If there is a gun in any house that your child visits, make sure it is unloaded and securely locked up separately from ammunition.
 - Make sure your child wears sunscreen and bug spray when outside.
 - Help your child learn to cross the street safely, but don't let him do it alone. Your child should not cross the street alone until age 10 or older.



When should I call?

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



Follow-up

Schedule your next well check in 1 year.

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

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