

HEALTH SUPERVISION VISITS

FIVE AND SIX YEAR VISIT

BEHAVIOR

- Prepare child for school; tour school; attend back to school events
- Be sure after school care is safe, positive
- Talk to child about school experience
- Continue family routines, assign household chores
- Show affection/respect, model anger management/self discipline
- Use discipline for teaching, not punishing
- Limit candy/soda/high-fat snacks
- Be physically active 60 minutes a day
- Limit TV to 2 hours a day, no TV in bedroom

SAFETY

- Teach safe street habits (crossing/riding school bus)
- Use properly positioned belt-positioning booster seat in back seat
- Ensure child uses safety equipment (helmet, pads)
- Teach child to swim; supervise around water; use sunscreen
- Teach rules for how to be safe with adults, explain privates
- Install smoke detectors/carbon monoxide detector/alarms; make fire escape plan
- Remove guns from home; if gun necessary, store unloaded and locked with ammunition locked separately

DEVELOPMENT

- Balances on one foot, hops and skips, able to tie a knot
- Has mature pencil grasp, draws person with 6 body parts, prints some letters and numbers
- Copies square and triangle, good language skills, counts to 10
- Follows simple directions, listens and attends