

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.
- **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: _____



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.

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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