

Welcome to Washington Pediatric Associates, PC

www.washingtonpediatric.com

SIX/SEVEN YEARS

Date of Visit: _____

Weight: _____

Height: _____

NORMAL DEVELOPMENT: At this age your child may have the following characteristics:

PHYSICAL:

- Loves active play.
- Can be reckless (does not understand dangers completely).
- Is still improving basic motor functions.
- Is still not well coordinated.
- Begins to learn some specific sports skills like batting a ball.
- Tires easily.
- Dawdles much of the time.
- Is fascinated with the subject of teeth.
- May become a more picky eater.
- Uses crayons and paints with some skill but has difficulty writing and cutting.
- May resist baths.

EMOTIONAL:

- May have unpredictable mood swings.
- Is quite sensitive to criticism.
- Has a problem admitting mistakes.

SOCIAL:

- Evaluates self and friends.
- Begins to impose rules on play activities.
- Cooperates with other children with some difficulty.
- Has difficulty considering the feelings of others.

MENTAL:

- Likes taking responsibility for simple household chores.
- Likes to make simple decisions.
- Counts to 100.
- Asks endless “how-what-when-where-why” questions.
- Continues to learn concepts of shape, space, time, colors, and numbers.
- Begins to understand the difference between intentional and accidental.
- Begins to understand differences of opinion.
- Still has a short attention span (about 15 minutes maximum).
- Enjoys dramatic play.

NUTRITION:

- Offer your child three regular meals per day plus nutritious snacks.
- Make mealtimes pleasant and companionable. Encourage conversation.

ORAL HYGIENE:

- Regular dental care and dental visits are important. Teeth should be brushed twice daily with a

fluoride toothpaste—once by a parent and once by your child. Limit between meal sweets, candy, and soda. Try not to use candy and sweets as rewards.

SAFETY:

- Make sure your child is properly restrained in a car seat (if less than 40 lbs, 40 inches) or a booster seat with a lap/shoulder belt. Place the child safety seat in the backseat.
- Install smoke alarms on every floor and change batteries twice a year.
- Show your child how to respond to clothes catching on fire: “Stop-Drop-Roll.”
- Supervise all swimming and water play. Insist on life jacket use when in a boat or near the water. Teach your child how to swim.
- Unfortunately, we are seeing more and more children accidentally shot in homes where guns are kept. All guns should be unloaded and put in a locked cabinet. Better yet, keep no guns in the house!
- Teach street safety. Your child is too young to cross the streets alone!
- Caution children about unsafe hiding places, e.g., refrigerators, car trunks, clothes dryers.
- Make sure your child wears a helmet every time he/she rides a bike. No bicycle riding after dark.
- Do not allow your child to operate power lawn mowers or motorized farm equipment.
- Teach safety rules for interacting with strangers.
- Your child may need protective sports gear—Ask the coach.

PARENTING:

- Showing interest in your child’s school activities and homework will be a big help in his/her success in learning.
- Read to your child every night.
- Limit the amount and monitor the quality of television.
- Provide supervision for your child after school.
- Never leave your child at home alone or under the supervision of a young sibling.
- Help your children learn how to get along with his/her peers.
- Praise your child for cooperation and accomplishments.
- Set limits and establish consequences for unacceptable behavior.
- Teach your child respect for authority.
- Teach your child how to manage anger and resolve conflict without violence.

ANTICIPATORY GUIDANCE: (Information credited to Brazelton’s Touchpoints)

- Entering first grade: Starting first grade is a major step. The teacher becomes the ultimate authority on a variety of matters. The child is a member of the world outside his/her family, and parents must realize that the child no longer just belongs to them. Parents may be fearful and mourn that they should have spent more time with their child.

- Moral development: Six-year-olds love to win, which may motivate them to cheat. It doesn’t feel good because they are developing a conscience. Parents can talk with their child about how cheating will isolate him/her from others. They also have inflexible notions about right and wrong. Jealousy may be a motivation for tattling. Parents can help them consider the gray zones and the social consequences of tattling. Six-year-olds are also very egocentric. They will take something just because they want it. Parents can explain that dishonesty and stealing hurt everybody. Even if they can get away with it, it is not acceptable.

- Friendships: Belonging to the group becomes more important. Children segregate themselves into groups with their own gender. These relationships offer learning expectations and refuge from siblings. The child may distance him-/herself from parents. Parents may feel the loss.

- Goal of interdependence: The child’s explorations and independence from parents may alarm parents. However, the ultimate goal is interdependence rather than independence.