Well-Child Checkup: 6 to 9 Years

CHILD'S NAME	DOB	DATE OF VISIT	NEXT VISIT	LENGTH	PERCENTILE	WEIGHT	PERCENTILE

Developmental Milestones

Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball more easily using only their hands, and tie their shoes. Having independence from family becomes more important now.

Events such as starting school bring children this age into regular contact with the larger world.

Physical, social and mental skills develop quickly at this time. This is a critical time for children to develop confidence in all areas of life, such as through friends, schoolwork and sports.

Children in this age group might:

- Show rapid development of mental skills.
- Learn better ways to describe experiences and talk about thoughts and feelings.
- Have less focus on one's self and more concern for others.

Emotional Development

The early school years are a time to develop competence and positive self-esteem.

Friendships become more and more essential. It's important for children to have lots of successes, but also learn from their mistakes and experience failure.

Sleep

The recommended amount of sleep for children age 6 to 12 is about 9 -12 hours.

Puberty

Somewhere between the ages of about 8 and 16 puberty may begin for your child. Questions may arise or your child notices changes to his or her own body or peers. It's important to be prepared in talking to your child about some of the physical changes that your child may experience during puberty.

If you feel uncomfortable, need answers to questions, or are uncertain about how to have these talks with your child, ask your health care provider for advice.

5210 – Healthy Habits

Parents can help make schools healthier. Work with your child's school to limit access to foods and drinks with added sugar, solid fat and salt that can be purchased outside the school lunch program.

You can follow the simple 5210 method to help build healthy habits for your child and family.

5 or more fruits and vegetables

Eat a variety of fruits and vegetables at least 5 times a day.

2 hours or less of screen time

Limit screen time. Your child should not have more than 2 hours per day. Too much screen time may lead to attention and behavioral problems, language delays, sleep disorders and vision problems.

Additional Tips

Monitor your children's media. Know what apps are being used or downloaded by testing them out before your child uses them.

Virtual Learning?

If your child is enrolled in virtual learning, screen time may vary and talk to your health care provider if you have concerns.

1 hour or more of physical activity

Physical activity is any movement of the body that raises a person's heart rate above resting. Participating in physical activity has many health benefits. Your child should have 1 hour or more of physical activity each day.

Here are some physical activities examples and health benefits:

Strengthening Heart (Aerobic)

- Bicycling, swimming, playing chasing games like tag

Strengthening Muscles

- Climbing and swinging on playground equipment, doing sit-ups and push-ups

Strengthening Bones

- Hitting a tennis ball, jumping rope, practicing gymnastics

0 sugary drinks – More Water

Avoid juices or soda drinks and offer water or milk (non-fat or 1%) as beverage of choice.

Help Your Child Learn and Grow!

Here are some helpful parenting tips to promote healthy social and emotional development.

Support and Encouragement

- Encourage your child when he/she tries new things, but avoid "overpraising." Focus on the process and the attempt, rather than the end result.
- Help your child focus on what they do well and recognizing accomplishments.
- Encourage participation in activities that will help your child grow in the future; reading, writing, projects or trying an activity they are showing interest in.
- Talk to your child's teacher if you think your child might need extra help or tutoring in school.

Model and Teach Positive Behavior

Your child looks up to you and trusted adults. Listen to and treat your child with respect. Insist that others do so as well.

- Model apologizing and help your child to do so after hurting someone's feelings.
- Teach your child how to learn to lose gracefully, resolve conflict and manage anger without violence.
- Clearly define inappropriate behaviors and establish consequences for them.

Consistency, Routine and Clear Expectations

- Make education a priority: provide a place for homework and to make sure your child is completing school work on time. If your child is learning remotely, establishing a routine with clear expectations can help your child stay organized.

Be an Involved Parent

- Attend back-to-school night, parent-teacher events and as many other school events as possible.
- Go for a walk, ride a bike or plan a trip hiking outdoors. Being physically active with your child will not only get them more excited for exercise, it will also help build a strong relationship with your child.
- Meet the families of your child's friends.

Teaching Responsibility - Chores

- Provide opportunities to be successful by assigning chores to teach responsibility. Studies have shown that contributing to the family by doing chores can make kids feel needed and capable, improve self-esteem and teach important skills.

Safety and Injury Prevention

Children during this stage of development tend to be more physically active and have more independence on their activities.

Helmets Save Lives

Your child should always wear a proper fitting helmet in most recreational activities, such as biking, rollerblading, skating, football, etc.

Your child's helmet should fit properly and be:

- Well maintained
- Age appropriate
- Worn consistently and correctly
- Appropriately certified for use

Most importantly, even with a helmet, your child should always avoid hits to the head.

Vehicle & Traffic Safety

- All children younger than 13 years should ride in the back seat. Motor vehicle crashes are the most common cause of death from unintentional injury among children this age.
- Teach your child to watch out for traffic, how to be safe when playing outdoors and when talking to strangers.

Swimming & Water Safety

- Teach your child how to swim if they have not learned already. Make sure your child understands water safety, and always supervise when they are swimming or playing near water.
- Always supervise your child when engaged in risky activities, such as climbing.

Lock and Keep out of Reach Harmful Products

Keep all potentially harmful household products, tools, equipment and firearms locked in a secure location and out of reach.

Emergency Situations

Teach your child their home address, important family phone numbers and parents' names so they are informed in the event of an emergency.

Teach your child about how to be safe with other adults.

- No one should ask for a secret to be kept from parents.
- No adult should ask for help with his or her private parts.

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