

Your 6 year old



Physical Development

- Loves active play but may tire easily
- Can be reckless (does not understand danger completely)
- Is still not well coordinated as they are still improving basic motor skills
- Begins to learn specific sports skills like batting a ball
- Dawdles much of the time
- May become a more picky eater
- Uses crayons and paints with some more skill, but may still have difficulty writing and cutting
- Permanent teeth erupting

Emotional Development

- May have unpredictable mood swings
- Sensitive to criticism
- Cooperates with other children with some difficulty
- Has difficulty considering the feelings of others
- Likes to be independent



Mental Development

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

Some Helpful and Trusted Websites:

- Healthychildren.org (American Academy of Pediatrics)
- Genesispediatrics.com for our Genesis Advice Packet
- Rochester.kidsoutandabout.com

Next Visit:
See you in 1 year
for the 7 year visit

Healthy Teeth

- Help your child brush their teeth twice daily – after breakfast and before bed
- Use a pea sized amount of fluoride toothpaste
- Help your child floss her teeth once daily
- Dental check up twice per year



Ready for School

- Take your child to see the school and meet the teacher
- Read books with your child about starting school
- Talk with your child every day about how they feel, what they like, any worries or if anyone is being mean

Your Child and Family

- Give your child jobs to do around the house and expect them to be done
- Have daily and family routines
- Hug and praise your child
- Teach about what is right and wrong
- Help your child to do things for themselves
- Teach and demonstrate to your child how to deal with anger – walk away, do something else, talk about feelings

Staying Healthy

- Eat breakfast
- 3 servings per day of calcium. 1% or skim milk
- Limit candy, soda pop, and high fat foods
- Offer 5 servings of fruits and veggies every day
- Limit TV time to 2 hours or less per day
- No TV in your child's bedroom
- 1 hour of active play per day

Safety

- Your child should always ride in the back seat and use a car seat or booster seat.
- Supervise play near streets and driveways.
- Teach your child how to cross the street. Children are not ready to cross the street alone until age 10 or older
- Teach about bus safety
- Teach your child to swim. Watch your child when they are around water and teach children not to swim unless there is a trusted adult present
- Avoid having a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately. Ask if there are guns in homes where your child plays. If so, make sure that they are stored safely
- Use sunscreen when outside
- Wear a helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding
- Have a working smoke alarm on each floor of your house and in every bedroom
- Install a carbon monoxide detector in your home and in hallways near every sleeping area
- Teach your child how to be safe with other adults: No one should ask for a secret to be kept from parents. No one should ask to see private parts. No adult or child should ask for help with their private parts.

