

Your Child is Now _____ Years Old

What Should Your Child Be Eating?

- Diet:**
- Provide a balanced diet containing: fruits and vegetables, bread and cereals, dairy products and two servings of meat.
 - Drinks about 2 to 3, 8 ounce glasses of milk a day.
 - Limit juice to 8 ounces a day. Do not give Kool-Aid® or soda.
 - Share meals as a family whenever possible.
 - Turn the TV off during meal time.
 - Encourage nutritious snacks.
 - Food should not be used as a reward.

What Will Your Child Be Doing At 6 To 8 Years?

- Simple chores such as setting the table and collecting trash papers, cleaning their room.
- Bathes and dresses self.
- Plays with children of the same sex.
- Becomes interested in team sports.
- Learns to read.
- Concerned about rules.
- Ties shoe laces, rides bicycle.
- Learns to master use of knife in cutting foods by age 7.

What Are Some Issues or Concerns You May Have?

Healthy Lifestyle: • Encourage daily physical activity.

- Encourage daily personal and dental hygiene.

Discipline: Your child needs rules, limit setting and consistency from you as a parent with respect to TV watching, chores, and safety.

School:

- School is important to your child.
- Show interest in your child's school by going to conferences and open houses.
- Encourage reading and visits to the library - make it a family outing.

Safety:

- Booster seat must be used up to age 8 years and 80 pounds.
- Store drugs/prescriptions, poisons, cleaning products, matches, and lighters out of reach of children.
- Use sunscreen with an SPF of 15 or higher.
- Encourage no talking to strangers.
- Make sure child wears bike helmet when riding bike or skating.
- Use parent controls and supervise your child when using the TV, video games, Internet, or On-Line. Limit to no more than 1 to 2 hours a day.
- Do not smoke in house, car, or around your child.
- If guns are kept in the home, keep unloaded, locked, and in separate area from children.

Comfort measures after shots:

You may give a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your child's dose is _____.

Call the office or answering service at 315-464-4357

If you need to:

- Schedule or cancel an appointment.
- Talk to a nurse from 8:00 A.M. to 5:00 P.M.
- After clinic hours to talk to a doctor.

Date: _____ **Height:** _____ **Weight:** _____

Speak up if you have any questions or concerns.



Healthy Kids



Pediatric and Adolescent Center
SUNY Upstate Medical University