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Wt. \_\_\_\_\_ % Ht. \_\_\_\_\_ % BMI \_\_\_\_\_ B/P \_\_\_\_\_ P \_\_\_\_\_

**SIX AND SEVEN YEAR VISIT**

**HEALTHY HABITS**

- Ensure adequate sleep, physical activity
- Limit TV
- Reinforce personal hygiene

**INJURY PREVENTION**

- Use seatbelt in back & bike helmet
- Discuss pedestrian & play-ground safety
- Use sunscreen
- Keep matches & guns locked & out of reach
- Provide safe after-school environment
- Teach stranger safety
- Keep firm rules for behavior

**NUTRITION**

- Eat some meals as family
- Provide healthy choices for breakfast, lunch, dinner & nutritious snacks
- Teach how to choose healthy foods, including fruits & vegetables

**ORAL HEALTH**

- Brush Teeth
- Ask about fluoride
- Make appointment with dentist
- Learn dental emergency care
- Discourage sucking habits
- Discuss dental sealants

**SEXUALITY EDUCATION**

- Answer questions
- Read age-appropriate books together

**SOCIAL COMPETENCE**

- Praise, encourage talking & expression of feelings
- Encourage reading
- Give individual attention, create opportunities for family activities & trips
- Encourage self-discipline
- Teach family rules, respect for authority, right from wrong, & how to resolve conflicts & handle anger
- Help with communication with teacher & other adults
- Assign chores & provide personal space

**FAMILY RELATIONSHIPS**

- Serve as role model for ethical behavior & healthy habits
- Listen, show respect & interest in activities
- Show affection
- Play with child
- Set reasonable expectations
- Encourage good sibling relationships
- Know your child's friends & their families

**COMMUNITY INTERACTION**

- Ask for referrals for assistance
- Discuss community & school programs: soccer, swimming, activities
- Ensure after-school child care
- Advocate for health education in schools

**TODAY YOUR CHILD RECEIVED THE FOLLOWING IMMUNIZATIONS:**

DTaP Td MMR Polio Hep A Hep B

**Next Well Child Visit: One Year**