



6-7 Year Old Information Sheet Londonderry Pediatrics

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Feeding

The appetite of a school age child may vary widely. Continue to offer healthy choices for meals, eating meals as a family. Teach your child to choose good foods like fruits and vegetables. Give 16-24 oz of milk each day.

Stooling and Voiding

Provide plenty of non carbonated, non juice beverages for you child; the best being water.

Night time wetting is not uncommon; be patient this generally will improve over time.

Stooling patterns vary widely from once every three days to three times a day. Stool shouldn't plug the toilet.

Oral Health

Your child should be brushing twice a day with fluorinated toothpaste. Swallowing fluorinated tooth paste may give them too much fluoride; fluoride should either be in your water or given as a prescription supplement. Your child should see a dentist twice yearly.

Continue to discourage sucking habits

Sleep

Adequate rest is essential for a school age child. Sleep cycles can be disrupted when a television or video system are in a child's room.

Safety

Children greater than forty pounds should be in a belt adjusting booster seat. Use bike helmets.

Ensure water and playground safety; closely supervise. Reinforce the concept of strangers, personal privacy, good touch and bad touch. Your child should know their phone number and address.

Reinforce fire safety, have an emergency escape plan and check smoke and carbon monoxide detectors frequently. Practice family fire drills. Learn about 911.

Activities

Praise and encourage talking and expression of feelings. Encourage reading while limiting screen time. Make room for family activities and trips.

Reinforce personal hygiene and responsibility around the home

Behavior

Reinforce limits and provide appropriate consequences. Never hit your child. Encourage self discipline. Teach right from wrong and respect for authority and family rules.

School

Meet your child's teacher as you introduce your youngster to their new school.

Provide a safe after school environment.

Illness

Signs of illness may include fever, failure to eat, vomiting, diarrhea, irritability, lethargy, rash, or cough. If your child experiences one of these symptoms or you are concerned, feel free to call our office for advice or an appointment.