



Mimi Peterson, MD Scott Radomsky, MD Amy Montgomery, MD
Sandy Herron, MD Amelia K. Decker, MD Jennifer Moher, MD Brent Watkins, MD
7507 East Tanque Verde Road, Tucson, AZ 85715 Phone 520-722-2585 Fax 520-722-1097
WWW.TANQUEVERDEPEDS.COM

6-7 YEAR EXAMINATION

1. Development: At this age, a typical child can:
 - Throw and catch a ball
 - Ride a bicycle
 - Tie shoelaces
 - Write numbers to ten
 - Write the alphabet
 - Print his/her first name
 - Tell right from left
 - Draw a person with 6 body parts plus clothing

2. Injury Prevention: Injuries account for almost two-thirds of the deaths at this otherwise healthy age.
 - a. Automobiles: A belt positioning booster car seat is required until 8 years old and 4'9". Booster seat use and crossing safety need constant reminders. Children must ride in the back seat if there are air bags.
 - b. Fire: Use of smoke detectors, care with matches and smoking materials, a kitchen fire extinguisher, and a family escape plan can prevent tragedies.
 - c. Water: Swimming lessons and reminders about water safety are important. Never leave a child alone near water even if they are good swimmers.
 - d. Personal: Teach your child about strangers and "off limits" behavior.
 - e. Guns: If you have no guns in your home, do not buy any. If you do have
 - f. Bikes, Rollerblades and Scooters: Always use appropriate protective gear such as helmets, knee pads and wrist guards. Children should not be allowed to ride in the street without close adult supervision.

3. Diet: Evidence suggests that at least some children perform better at school with an adequate breakfast. Television and convenience foods tend to promote a diet high in salt and sweets. Having a variety of alternative snack foods can promote better nutrition. Pre-cut vegetables, dried fruits, fruits, cheese, and unsalted nuts are examples of good snack foods. Variety is always helpful.

4. Behavior: Children this age often become very caught up in activities. Interests in dinosaurs, animals, reading aloud and drawing are common. These are golden opportunities to be enriched when possible with libraries, museums and travel.

5. Television: Increasing evidence shows that unrestricted television promotes: obesity, violence, poor social skills, and poor school performance. Have your child choose and plan his/her viewing in advance and stick to the schedule. Help him/her plan alternate activities; include those activities with outlets for physical energy.

6. Healthy Habits:

- Eat a well balanced diet
- Engage regularly in physical activity. Parents can encourage youth sports if the child is interested.
- Get adequate sleep
- Limit TV/video game/ computer viewing to 2 hours or less per day
- Encourage reading and hobbies
- Brush teeth twice daily with fluoride toothpaste

NEXT VISIT: 1-2 Years