



## ive years



### Your child may be ready to...

- ✿ Dress himself without help
- ✿ Learn her home address and phone number; recognize most letters and print some
- ✿ Count on his fingers
- ✿ Copy triangles and squares; draw a person with a head, arms, and legs
- ✿ Play make believe



### Health visit

- ✿ This is a good time to ask any questions you have.
- ✿ Talk about how things are going with your child's development. Can he understand the feelings of others? How does he play and get along with other children?
- ✿ Talk with your child before the health visit to explain what is likely to happen.
- ✿ Encourage your child to share any exciting news or worries with her health care provider. Remind her this is also a chance to ask any questions she has about her health.

### Your health care provider may...

Check your child's height, weight, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ○ give a Tuberculin Test (PPD) ○ check blood pressure ○ take a blood sample ○ take a urine sample ○ give an immunization (see the immunization schedule on page 75)

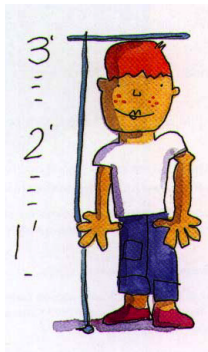




## Six years (also appropriate for a 7 year visit)



### Health visit



- ⊗ This is a good time to ask any questions you have.
- ⊗ Talk about how things are going with your child's development and school activities: how he plays with others; gets along in school and at home.
- ⊗ Talk with your child before the health visit to explain what is likely to happen.
- ⊗ Ask your child if she is feeling well or if she notices any problems while playing, running, or doing other physical activities.
- ⊗ Encourage your child to ask questions and talk about any exciting news or worries with his health care provider: new friends; school; new pet; disagreements with parents or brothers and sisters.

### Your health care provider may...

Check your child's height, weight, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ⊙  
give a Tuberculin Test (PPD) ⊙ check blood pressure ⊙ take a blood sample ⊙  
give an immunization (see the immunization schedule on page 75)



## Eight years (also appropriate for a 7 or 9 year visit)



### Health visit

- ⊗ This is a good time to ask any questions you have.
- ⊗ Talk about how things are going with your child: Describe how things are going for your child at school and at home; chores; family rules; special hobbies or interests.
- ⊗ Talk with your child before the health visit to explain what is likely to happen.
- ⊗ Ask your child if she is feeling well or if she notices any problems while playing, running, or doing other physical activities.
- ⊗ Encourage your child to ask questions and talk about any exciting news or worries he has with his health care provider.
- ⊗ Help your child become more comfortable sharing her stories and experiences at school with her health care provider. Encourage her to talk about her health and to ask questions she might have about her changing body.

### Your health care provider may...

Check your child's height, weight, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, breast development (early puberty for girls), skin, and do other procedures

(see the *Physical exam checklist* on page 81) ⊙ give a Tuberculin Test (PPD) ⊙

check blood pressure ⊙ take a blood sample ⊙ give an immunization

(see the immunization schedule on page 75)





## en years (also appropriate for a 9 year visit)



### Health visit

- ⊗ This is a good time to ask any questions you have.
- ⊗ Describe your child's development; bring up any concerns or questions you have.
- ⊗ Ask about ways to discuss changing bodies - menstruation for girls and wet dreams for boys. See *Resources for families*, Sexuality Information and Education Council, page 84.
- ⊗ Talk about how things are going for your child at school and after-school activities, including successes and problems.
- ⊗ Talk with your child before the visit to explain what is likely to happen.
- ⊗ Ask your child if he is feeling well or if he notices any problems while playing, running or participating in other physical activities.
- ⊗ Encourage your child to talk about any exciting news or worries with her health care provider.
- ⊗ Help your child become more comfortable sharing his stories and experiences with friends or at school with his health care provider.
- ⊗ Remind her that this is a good time to ask questions she has.

### Your health care provider - while covering your child with a drape for privacy - may...

Check your child's height, weight, body mass index, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, back, genitalia, breast development, skin, and do other procedures (see the *Physical exam checklist* on page 81) ⊙ give a Tuberculin Test (PPD) ⊙ check blood pressure

- ⊙ take a blood sample
- ⊙ give an immunization (see the immunization schedule on page 75)