

# **Well Child Check 5 & 6 Year Old**

- ❑ **Topics to discuss with your health care provider:**
  - ◆ school readiness for self and child
  - ◆ family routines and appropriate chores for child
  - ◆ reading with your child
  - ◆ modeling emotions in a healthy way
  - ◆ tools that can be used to solve conflict
  - ◆ nutrition, physical activity and oral health
  - ◆ teaching child safety

# **Well Child Checks**

## **Years 7 & 8**

### **☐ Topics to discuss with your health care provider:**

- ◆ child's progress in school
- ◆ interests and special activities
- ◆ behavior or learning issues
- ◆ issues with bullying
- ◆ encouraging independence
- ◆ showing affection
- ◆ rules, consequences and discipline
- ◆ teaching child about puberty and body changes
- ◆ good nutrition
- ◆ physical activity and organized sports
- ◆ limiting screen time and monitoring computer usage