



Brice Kopas, M.D.

6340 N. Campbell Ave.
Suite # 256
Tucson, AZ 85718

520-577-3333
520-577-4685 (fax)
www.skylinepeds.com

6-9 Year Visit

For _____ Date _____ Age _____

Wt _____ pounds Height _____ ft _____ in

Immunizations Today: None

Tylenol dose: _____ every 4-6 hours. Susp/Chew

Motrin dose: _____ every 6-8 hours. Susp/Chew

Development/Discipline

Your child's early school years are foundational for developing skills that will last a lifetime. It is important to take part and get involved in your child's education.

1. Get interested in how your child spends his/her day, ask questions, give advice, etc. Family mealtime is an excellent opportunity to "download" your child's day.
2. Finding compatible friends is very important. Talk with your child about both the enjoyable and difficult aspects of friendships.
3. Kids can start to develop life long interests in sports, arts and crafts, reading and music. Encourage participation in activities. Remember that the goal of competition is to have fun and develop oneself to the greatest capacity. Winning and losing should receive limited attention.
4. Read with your child.
5. Use more encouraging than discouraging words when speaking with your child. Tell your child that you love him/her. Find words that encourage schoolwork and friendships.
6. Keep rules that are fair and consistently enforced. Help your child develop a strong sense of right and wrong. Allow your child some choice when alternatives exist.

7. Model how you wish your child to behave.

Health & Nutrition

OBESITY: Obesity is a national epidemic that is quickly getting worse. Life-threatening consequences of obesity include high blood pressure, diabetes and heart attacks. Healthy eating habits begin at a young age. Some tips to help your child stay healthy include:

1. A well balanced diet, including 2-3 servings of fruit and vegetables.
2. Have family mealtimes.
3. Limit soda and juice intake. Limit junk foods.
4. Encourage at least 30-60 minutes of exercise/play per day. Limit T.V. and video games to 1-2 hours per day.
5. If you as parents are overweight, start eating right and exercising. It is the exception that thin, healthy children come from obese parents.

Please notify us if there is a family history of elevated cholesterol or triglycerides or premature (under age 55 years) heart attacks or strokes.

DENTAL CARE: Flossing the teeth before bedtime is recommended. Permanent teeth may soon come in or may have already started coming in. Parents and dentists need to consider whether sealants (plastic coatings that adhere to the chewing surface of the molar teeth) may be helpful for your child.

Safety

Continue to focus on preventing injuries. Some recommendations include:

1. Have your child wear a bike helmet.
2. Belt positioning booster seats or youth seats are recommended until 4 feet, 8 inches tall and 80 pounds OR 8 years old. Children should not sit in the front seat until 13 years old.
3. Teach your child to swim but never let children swim alone. If you have a pool, be sure it is fenced and locked.
4. Make your home and yard child proof. Be especially aware of locking weapons. Be sure firearms are left unloaded. Also lock up medications, matches and chemicals.
5. Continue to be aware of sun safety. Use sun block. Check moles and freckles regularly. Let the doctor know if you have concerns.
6. Parents are influential in teaching children to avoid tobacco. Talk to your child about not smoking.
7. Health professional groups advise avoiding the use of trampolines.

Resources

Please visit our website for added helpful information: www.skylinepeds.com

Next Visit: Yearly

ENJOY YOUR CHILD!