



Forms:

Complete and print them for your upcoming appointment:
[Tuberculosis Screening](#)

Vaccines:

We recommend the following vaccines:

None

Tests Recommended:

We recommend the following tests at this age:

[Lipid Panel](#)

[Hearing Screen](#)

6 YEARS OLD

FAQ

Does my child still need a car seat or booster?

Your child must now use a booster seat in the car. Always check to be sure that he or she is correctly restrained in the booster seat before you start the car. Your child should use a booster seat until the lap belt can be worn low and flat on the hips and shoulder belt can be worn across the shoulder rather than the face or neck (usually at about 4 feet 9 inches tall and between 8 and 12 years old). The safest place for all children, even through school age, is in the back seat of the car. Set a good example. Make sure you and other adults buckle up, too!

Does my 6 year old need to take vitamins?

Vitamins and minerals are important elements of the total nutritional requirements of your child. Because the human body itself is unable to produce adequate amounts of many vitamins, they must be obtained from the diet. The body needs these vitamins in only tiny amounts, and in a balanced diet they are usually present in sufficient quantities in the foods your youngster eats. Thus, in middle childhood, supplements are rarely needed. Having said this, growing evidence suggests a significant proportion of children are vitamin D deficient. A simple multivitamin has the daily allowance of vitamin D and is available in chewable tablets. While tasty, gummy vitamins are not recommended due to getting stuck in the deep crevices where they may lead to cavities.

Age Appropriate Information

Safety:

- Make an escape plan in case of fire in your home. Your fire department can tell you how. Teach your child what to do when the smoke alarm rings. Practice what you and your child would do if you had a fire.
- Install smoke alarms on every level in your house, especially in furnace and sleeping areas, and test the alarm every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries once a year.
- Protect your child from bad head injuries or even death. Make sure your child wears a properly fitted, approved helmet every time she rides a bike. Never let your child ride in the street. Your child is too young to ride in the street safely!

Never let your child play near the street. Your child may dart out into traffic without thinking. The park or playground is the best place to play. Begin to teach your child safe street habits. Teach your child to stop at the curb, then look to the left, to the right, and back to the left again. Teach your child never to cross the street without a grown-up.