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Wt. _____ % Ht. _____ % BMI _____ % B/P _____ P _____

SIX AND SEVEN YEAR VISIT

<p>Healthy Habits</p> <ul style="list-style-type: none"> *Ensure adequate sleep, physical activity *Limit TV < 2 hrs. *Reinforce personal hygiene <p>Injury Prevention</p> <ul style="list-style-type: none"> *Use car seat and bike helmet *Discuss pedestrian and play-ground safety *Use sunscreen *Keep matches and guns locked and out of reach *Provide safe after-school environment *Teach stranger safety *Keep firm rules for behavior 	<p>Nutrition</p> <ul style="list-style-type: none"> *Eat some meals as family *Provide healthy choices for breakfast, lunch, dinner, and nutritious snacks *Teach how to choose healthy foods, including fruits and vegetables <p>Oral Health</p> <ul style="list-style-type: none"> *Brush teeth *Ask about fluoride *Make appointment with a dentist *Learn dental emergency care *Discourage sucking habits *Discuss dental sealants <p>Sexuality Education</p> <ul style="list-style-type: none"> *Answer questions *Read age-appropriate books together 	<p>Social Competence</p> <ul style="list-style-type: none"> *Praise, encourage talking and expression of feelings *Encourage reading *Give individual attention, create opportunities for family activities and trips *Encourage self-discipline *Teach family rules, respect for authority, right from wrong, and how to resolve conflicts and handle anger *Help with communication with teacher and other adults *Assign chores and provide personal space 	<p>Family Relationships</p> <ul style="list-style-type: none"> *Serve as role model for ethical behavior and healthy habits *Listen, show respect, and interest in activities *Show affection *Play with child *Set reasonable expectations *Encourage good sibling relationships *Know your child's friends and their families <p>Community Interaction</p> <ul style="list-style-type: none"> *Ask for referrals for assistance *Discuss community and school programs; soccer, swimming, and activities *Ensure after-school child care *Advocate for health education in schools
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AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

DTap MMR Polio Hep A Hep B Chicken Pox Flu

NEXT WELL CHILD VISIT:

8 years.