



6 YEAR VISIT (Also Appropriate for 7 Year Visit)

Date: _____

Name _____

Age _____ Weight _____ Height _____

Bright Futures



■ = For the parent ★ = For the child

At Today's Visit

- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations: DTaP; polio; MMR. Ask your health professional about them.
- You and your child will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- ★ How school is going for you.
- ★ What you like most about school and what you like least.
- Activities and games your child enjoys with his friends.
- Concerns about sleeping or eating.
- Changes in your family since your last visit.
- Something your child has done that you are especially proud of.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Be sure your child gets enough sleep.
- Limit TV and video viewing to about 1 hour a day. Watch programs with your child and discuss them together.
- Keep matches, poisons, guns, and other hazards locked up and out of reach.
- Teach your child how to choose healthy foods, including fruits and vegetables. Share meals together regularly.
- Encourage self-discipline and impulse control.
- Be prepared to answer questions about sex at your child's level of understanding.
- Listen as your child begins to read out loud. Read together with her.
- Assign household chores, including responsibility for personal belongings.
- Provide personal space (even if it is limited) for your child at home.
- Look into programs for your child (school, before- and after-school, recreational, or other activities).



How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child's eating, sleeping, and social behaviors.
- Encourage your child to think about things he may want to talk about with the health professional. Help your child learn about the health visit process.
- Keep a list of topics you and your child would like to discuss at your next visit.
- Bring in a schedule of your child's activities outside of school.
- Share ideas with the health professional about community resources that you have found useful.

What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.

Notes: