



5- to 6-Year Checkup

Date: _____

Weight: _____

Height: _____

BMI %: _____

"It's amazing how quickly she grows and learns!"

—Kaiser Permanente dad

Your child may be ready to ...

- Count to 10 and recognize some numbers.
- Answer questions about a book after you read it to them.
- Do simple chores like matching socks or helping to clear the table.
- Write their name.
- Hop on one foot.

All children develop at their own pace. If you have concerns about your child's development, talk with their doctor.

Eating



Offer a variety of healthy foods with lots of fruits and veggies every day.

- Serve 3 meals and 2 nutritious snacks per day. Offer the same healthy foods to all members of your family, and eat together as often as possible.
- Let your child decide how much to eat. Children understand their body's signals of hunger and fullness. Avoid asking them to "clean their plates." If your child decides not to eat, wait until the next snack or meal to offer food.

- Offer water when your child is thirsty. Limit milk (low fat or nonfat) to 2 cups per day. Too much milk can spoil your child's appetite and increase the risk of anemia (low iron in the blood).
- Don't give your child soda or other sweet drinks. Juice isn't recommended. If you do choose to give juice, limit it to ½ cup of 100% whole juice per day.
- Ask us about programs like WIC or CalFresh if you need financial support for food.

Encourage a healthy weight

Children come in all shapes and sizes and grow at different rates. There are no "ideal" weights for children. To help them stay healthy:

- Buy and prepare a variety of healthy foods your child likes. Serve a nutritious breakfast each day.
- Aim for at least 60 minutes of physical activity per day. Choose fun activities you can do with your kids, like walking, riding bikes, swimming, gardening, or dancing.
- Make mealtime family time without screens (TV, phones, video games) or other distractions.
- Be a good role model and let your child see you enjoying fruits, vegetables, and other healthy foods.
- Avoid teasing or referring to your child as skinny, fat, or chubby, and teach them not to do this to others. Comments about weight (even your own) can make children worry that their body isn't good enough.

Parenting



Stay connected as they grow.

- Ask your child to tell you about their day, friends, and activities. When you listen, you show your child they're important.
- Give your child simple chores to complete daily.
- Limit screen time to no more than 1 to 2 hours per day. Agree on rules about when and what they can watch. Set up parental controls and don't allow scary, violent, or adult content. Make it a point to watch with your child sometimes and talk about what you see.
- Spend some fun, relaxed time together each day. Praise your child for cooperating and following family rules.

Care for yourself, too

Parenting can be hard work. If you feel stressed or overwhelmed, you're not alone. Taking care of yourself helps you be the best parent you can be.

- Make time to take a break and do something you enjoy while your children are with another trusted adult.
- Let us know if you need help managing strong feelings or coping with your child's behavior.

School



Help your child succeed at school.

If your child has started school, or will be soon, help them get the most out of it by:

- Reading books together every day.
- Playing games with letters and numbers.
- Teaching them to dress themselves and take care of their own belongings (like jackets, lunchboxes, and backpacks).
- Helping them express their feelings and frustrations in words rather than acting out.
- Ask about your child's day, friends, and activities. When you listen, you show them they're important.

Healthy habits



Help your child thrive as they grow.

- Don't smoke, vape, or let others smoke around your child. Smoking increases the risk of ear infections, asthma, colds, and pneumonia.
- Protect your child from the flu and other serious diseases. Keep up with all recommended immunizations.
- Keep your child out of the sun as much as possible. Apply sunscreen with an SPF of at least 15 if your child is outdoors.
- Help your child brush their teeth 2 times per day and floss regularly. Visit the dentist twice a year. If you don't have a regular dentist, we can help connect you with one. We can also apply fluoride varnish to help protect your child's teeth.

Sleep



Support healthy sleep.

- Be sure your child gets 9 to 12 hours of sleep per day. Set an early bedtime and stick to it.
- Have a calm, regular bedtime routine that includes brushing teeth and reading stories.
- Avoid screens for at least an hour before bed.
- Try a reward chart if your child has trouble following the routine or staying in bed.

Safety



Keep your child safe at home and on the road.

- Continue to use a properly installed car seat in the back seat for every ride. Keep your child in their forward-facing car seat with a harness until they reach the maximum height or weight limit recommended by the manufacturer. After that, switch to a belt-positioning booster seat.
- Make sure your child wears a helmet that fits properly for all bike riding. Add wrist guards, knee pads, and gloves for skateboarding, rollerblading, and scooter riding.
- Reduce lead poisoning risk. Tell us if your child spends time in a home built before 1978. Remove shoes inside, and damp mop floors regularly.
- Teach your child to swim, and remember to watch your child when they're in or near any kind of water.
- Lock away anything dangerous, including medications, cleaning supplies, cigarettes, alcohol, vaping liquid, matches, and lighters.

- Call the California Poison Control hotline at 800-222-1222 right away for help if you think your child has been exposed to any dangerous substance. You can also call our 24/7 Appointment and Advice Call Center at 866-454-8855.
- It's safest not to have a gun in your home. If you do have one, keep it secure in a lock box, case, or safe. Store all firearms unloaded and locked. Lock up ammunition separately.

Develop personal safety skills

Make sure your child knows their address, parents' names, and phone number(s).

Teach your child not to go with strangers, and that they shouldn't accept any items or requests for help from adults they don't know.

Tell your child they're in charge of their own body. Make sure they understand that no adult or child should ask them to:

- Keep a secret.
- See or touch their private parts.

Ask them to tell you right away if they ever feel unsafe.

Your next checkup is at 6 to 8 years.

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your child's health.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit kp.org/mydoctor for more resources.