

# Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

## 6 Year Old Well Visit

<p><b>Growth &amp; Development Milestones</b></p> <ul style="list-style-type: none"><li>✓ Permanent teeth begin to erupt</li><li>✓ Knows colors, counts 1-100, understands intentional from accidents, short attention span</li><li>✓ Tires easily, may dawdle, may start resisting baths</li><li>✓ Asks many 'who, what, when, where and why' questions</li><li>✓ More organized sports requiring coordination</li><li>✓ Coordination still developing, writing &amp; cutting</li><li>✓ May be sensitive to criticism, starts feeling guilty, unpredictable mood swings</li><li>✓ Understands and follows rules card/board games</li><li>✓ <b>Make sure they know address and phone number!</b></li></ul>	<p><b>Personal Health &amp; Wellness</b></p> <ul style="list-style-type: none"><li>✓ Include your child in meal planning and preparation</li><li>✓ Use meal times to discuss your child's day</li><li>✓ Offer wide variety of foods</li><li>✓ Encourage 2-3 servings of dairy daily for bone growth</li><li>✓ Avoid juices or limit to 4 ounces per day</li><li>✓ <b>Limit junk foods and soda pop</b></li><li>✓ Encourage at least 1 hour of physical activity daily</li><li>✓ <b>Limit screen time to less than 2 hours per day</b></li><li>✓ Brush twice a day</li><li>✓ Be aware of progress and concerns at school</li></ul>				
<p><b>Fire Safety &amp; Burns – Water Safety</b></p> <ul style="list-style-type: none"><li>✓ Test smoke detectors 2x/year</li><li>✓ Install CO alarm near sleeping areas</li><li>✓ Keep matches and lighters out of reach</li><li>✓ Have fire escape plan and PRACTICE!</li><li>✓ Water heater should be set at 120 degrees or less</li><li>✓ Watch for burn risks: stoves, space heaters, irons, fireplace</li><li>✓ Always supervise around open water</li><li>✓ Teach your child water safety and consider enrolling in swimming lessons</li></ul>	<p><b>Home &amp; Personal Safety</b></p> <ul style="list-style-type: none"><li>✓ Be aware of the dangers of outdoor trampolines</li><li>✓ Insect repellent (&lt;10% DEET) may be applied once daily; wash off before bedtime</li><li>✓ Children require a tobacco free environment at all times</li><li>✓ Don't forget sunscreen!</li><li>✓ Booster until 49 inches &amp; <b>wear helmets</b> while riding bicycles, scooters, skateboards or roller blades</li><li>✓ Teach them to cross the street safely</li><li>✓ <b>Reinforce stranger safety!</b></li></ul>				
<p><b>For more information on normal growth and development:</b></p> <p><a href="http://www.bloomfieldpediatriccare.com/normal-development/normal-development-6-years-old/">http://www.bloomfieldpediatriccare.com/normal-development/normal-development-6-years-old/</a></p>	<p><b>Helpful resources:</b></p> <p>Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition</p> <p><a href="http://www.bloomfieldpediatriccare.com/pediatric-health-topics/">http://www.bloomfieldpediatriccare.com/pediatric-health-topics/</a></p>				
<p><b>Office Hours:</b></p> <p>Monday – Friday 9:00 am to 5:00 pm</p> <p>Saturday (Sept – May) 9:00 am to 12:00pm</p> <p><b>Phone Number (248) 451-0600</b></p> <p><b>Answering Service (248) 858-6888</b></p>	<p><b>Poison Control (800) 222-1222</b></p> <p><b>Child Safety Seat Inspection:</b></p> <p>1-866-SEATCHECK; <a href="http://www.seatcheck.org">www.seatcheck.org</a></p> <p><b>Beaumont Pediatric After Hours Clinic</b></p> <table><tbody><tr><td><b>Royal Oak</b></td><td><b>Troy</b></td></tr><tr><td>(248) 551-0222</td><td>(248) 964-2888</td></tr></tbody></table>	<b>Royal Oak</b>	<b>Troy</b>	(248) 551-0222	(248) 964-2888
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