

Princeton Nassau Pediatrics, P. A.

Princeton Shopping Center
301 North Harrison Street, Princeton, New Jersey 08540
609-924-5510

196 Princeton Hightstown Road, West Windsor, New Jersey 08550
609-799-5335

6-7 Year Well Visit

Nutrition:

- Try to eat meals together as a family- children learn to eat healthy foods by seeing your example.
- Offer your child 2-3 cups milk/day, and no more than one cup of juice
- Offer a variety of healthy foods every day- even if your child does not like something the first time, keep trying! Avoid pressuring children to “clean their plates,” and do not use food as a reward.
- Balanced eating: fruits at least 2-3 times/day, vegetables at lunch, dinner and as snacks, lots of grains, and protein foods twice daily
- Limit junk food.
- Give a multivitamin daily. If you do not have fluoride in your water, ask your doctor for a fluoride prescription

Parenting:

- Help your child to brush and floss teeth every day. Visit the dentist every 6 months
- Praise good behavior. Use time-outs when necessary for discipline, trying to avoid yelling or spanking.
- Try to limit TV to no more than one hour per day, and monitor what your child watches. Many studies link increased TV viewing to obesity.
- Encourage your child to read for fun
- Encourage your child to play actively for at least 30-60 minutes/day.
- Encourage participation in after-school activities.
- Try to establish a regular homework routine, with a set time, and quiet space for your child to work.
- Give your child simple chores.

Safety:

- Use a booster seat for every ride, until your child is 60-80 lbs and 4’9”.
- Use helmets on bikes, scooters, skateboards, skis, etc.
- Be sure to have smoke detectors in your home. Create a fire escape plan.
- Talk to your child about street safety and stranger safety. Talk to your child about not allowing anyone to touch his or her private parts.
- If you have guns in your home, keep them unloaded, and locked away.
- Use sun block whenever you are out.
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

When to call the office:

- Most children get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. Call our office if your child is acting very sluggish or irritable, has trouble breathing, has a fever over 103-104°F for more than 2 days, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines at this visit:

- The AAP and CDC recommend a yearly [Flu shot](#) for all children.

Web Resources:

- [Picky eating](#)
- [Food Pyramid Website](#)
- [Stranger safety](#)