

# HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



**Public Health**  
Prevent. Promote. Protect.

AGE -  
6-7 YEARS



## GREETINGS!

Can you believe your child is already in school? Your school-aged child is coming into a world of new experiences and responsibilities. With a healthy personality, he will continue to gain knowledge and skills to help him become a success in whatever he wants to be in life.

## YOUR CHILD'S HEALTH CARE



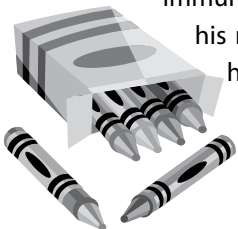
### Well-Child Check-Ups:

The check-ups are recommended every 2 years by the Minnesota Department of Health. The purpose of these exams is to help find any health problems your child may have. It will also give you a chance to ask questions or bring up any concerns. Please make an appointment soon.

Remember - he needs at least yearly dental check ups and needs to brush and floss twice daily.

### Immunizations (shots):

★ If your child is up to date, he will not need any immunizations at this time. If you need a copy of his record, please contact our office or your health care provider.



Enjoy your  
industrious child.  
Spend time with him  
now, he is growing and  
changing fast.



## YOUR GROWING CHILD

Your school-aged child is growing, but the growth rate is less than that of infancy and isn't yet showing the big changes in height and weight that adolescence brings.

- ✿ At 5 or 6 years of age, he will start to lose his primary (baby) teeth.
- ✿ He is learning to take care of himself at home but he is not an expert yet. He may struggle with dressing, brushing teeth, bathing and combing hair.
  - ✿ watch closely to make sure he is getting it done and assist him when needed.
  - ✿ allow for practice and mistakes.
  - ✿ praise his efforts.

Some children still wet their bed at this age. Sometimes bed wetting is hereditary. Your child needs your love and support in dealing with bed wetting. Be patient. Your child is not wetting on purpose. If you have concerns, please discuss them with your health care provider.

When your child is 6 years old, he should:

- ✿ Play well with other children.
- ✿ Want to learn everything.
- ✿ Count by hours (not by minutes).
- ✿ Know some streets (names), his full name, his phone number and major points of interest.
- ✿ Like superman, magic, make believe, dress up and dolls.
- ✿ Count to 13.
- ✿ Know am/pm.
- ✿ Follow 3 step direction.
- ✿ Cut/fold/paste.
- ✿ Enjoy games.
- ✿ Enjoy hopping, skipping, riding a bike, jumping rope.
- ✿ Enjoy being read to.
- ✿ Write numbers and letters.
- ✿ Giggle a lot.





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*Address Service Requested*

**TO:**

6-7 YR.