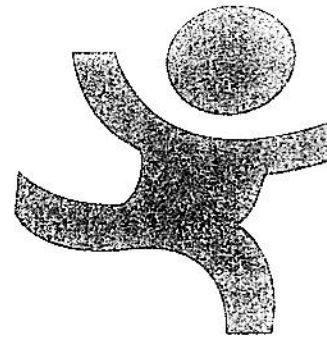


6 Years



6 YEARS

Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most major injuries!**

At age 6, your child will become more independent. He or she will be able to do more things that are dangerous. Your child will try to prove that he or she is grown up. But children still aren't good at judging sound, distance, or the speed of a moving car at this age. Your child can learn a few simple things to do for protection, but **you must still be in charge of his or her safety.**

Fire Safety

Make an escape plan in case of fire in your home. Your fire department can tell you how. Teach your child what to do when the smoke alarm rings. Practice what you and your child would do if you had a fire.



Do not smoke in your home. Many home fires are caused by a lit cigarette that has not been put out completely.

Install smoke alarms in your house and test the batteries every month to make sure they work. Change the batteries once a year.

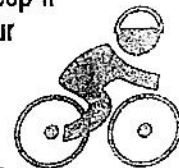
Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. **Handguns are especially dangerous.** If you choose to keep a gun, keep it unloaded and in a locked place separate from ammunition. Ask if the homes where your child visits or is cared for have guns and how they are stored.



Bike Safety

Protect your child from bad head injuries or even death. **Make sure your child wears a helmet every time they ride a bike.** Never let your child ride in the street. Your child is too young to ride in the street safely!



Street Safety

Never let your child play near the street. Your child may dart out into traffic without thinking. The park or playground is the best place to play. Begin to teach your child safe street habits. **Teach your child to stop at the curb,** then look to the left, to the right, and back to the left again. Teach your child never to cross the street without a grown-up.



(over)

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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And Remember Car Safety

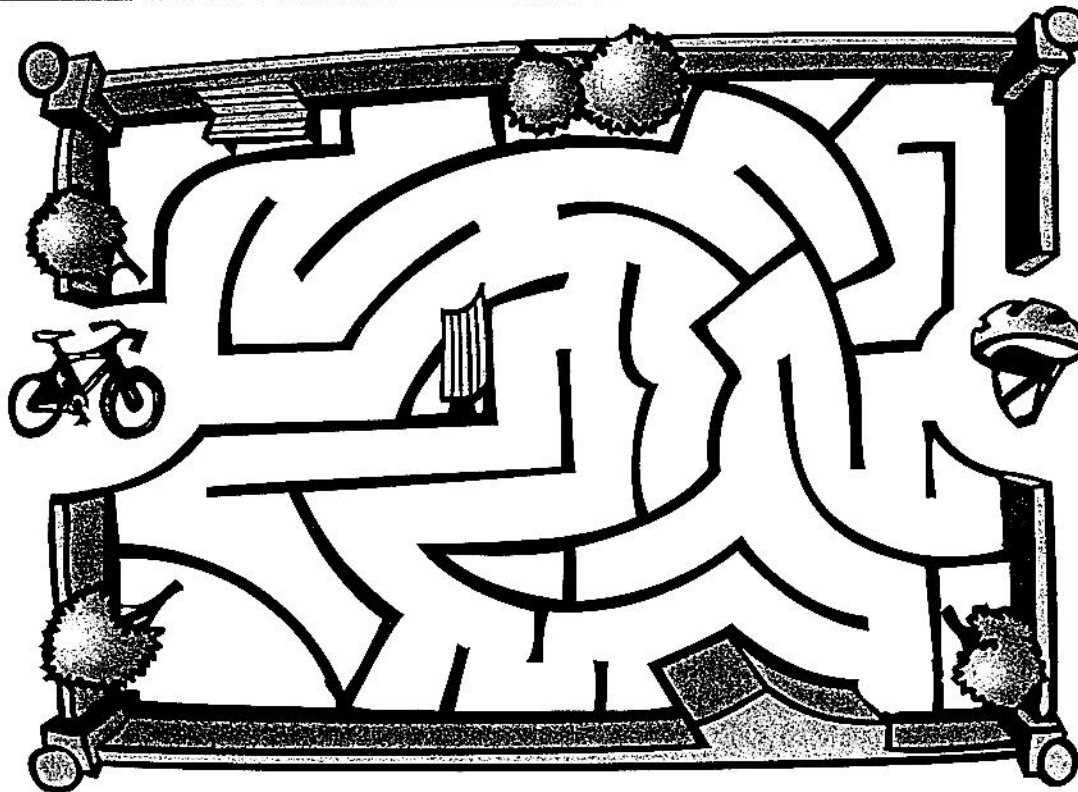
Your child must now use a booster seat in the car. Always check to be sure that he or she is correctly restrained in the booster seat before you start the car. Your child should use a booster seat until the lap belt can be worn low and flat on the hips and the shoulder belt can be worn across the shoulder rather than the face or neck (usually at about 80 pounds and 4 feet 9 inches tall). The safest place for all children, even through school age, is in the back seat of the car. Set a good example. **Make sure you and other adults buckle up, too!**




SAFETY IN A KID'S WORLD

Dear Parent: Your child is old enough to learn how to prevent injuries. The game below is designed to help your child think about safety. Read the messages with your child and talk about them together. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other what it says. Make safety a big part of your lives.



Bike Safety

Always wear a 
when you ride your



**Get the Helmet
Habit!**

Directions: Find your way through this maze. Connect the helmet with the bicycle.

twelfth visit...

5-6 years

Food for Thought

What does your child eat for breakfast?

What is your child's favorite lunch?

What is your child's favorite snack?

Does your child still drink milk?

What does your child eat after school?

What games does your child like to play?

How much time does your child spend with TV, computer and video games each day?

Feeding Advice

- Eat a healthy breakfast every day – children who eat breakfast do better in school. Breakfast gives their bodies and brains the energy they need to learn and play. Remember parents that, *breakfast eating parents have breakfast eating kids!*
- Milk, Fruits & Vegetables every day – your child still needs lowfat milk at every meal.
 - Aim for 5 servings of fruit and vegetables every day, include a wide variety of colors and textures.
- Make sure you stock your kitchen and refrigerator with healthy after-school snacks. To quench thirst have milk, water & 100% fruit juice available (limit fruit juice to 4-6 oz./day)
- Serve small portions and let them ask for more.
- Work with your child and plan ahead for meals at school. School lunch and breakfast are healthy and nutritious options when eating at school. When brown-bagging be sure to pack the lunch with your child and include at least 4 out of the 5 food groups.

Be Active

- Encourage 1 hour of active play each day – throwing, catching, bike riding, skipping, dancing, jumping, running – make physical activity a family routine!
- Limit screen time (TV, computer, electronic games) to less than 2 hours per day.

Notes:

Child's name _____

Height _____ Weight _____ Date _____

BMI _____ percentile _____ %

Healthy

serving sizes for 4-6 year olds

grain group ~ 6 servings

Bread	1 slice
Bun, bagels, muffins	1/2
Crackers	4-6
Dry cereal (unsweetened)	1/2 cup
Cooked cereal	1/2 cup
Rice, pasta	1/2 cup

fruit/vegetable group ~ 5 servings

Whole	1/2-1 small
Cooked, canned or chopped raw	1/2 cup
Juice ~limit 100% fruit juice to	4-6 oz./day

FRESH FRUITS* Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

FRUIT SMOOTHIES Blend yogurt, fruit, milk and 100% juice together.

VEGETABLES* Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

** Use caution when feeding these foods due to a possible choking problem.*

milk group ~ 3 servings

Low fat milk, yogurt	3/4 cup
Cheese	3/4 oz.

meat group ~ 2 servings

Lean meat, chicken, fish	1-3 T
Dry beans and peas	4-5 T
Peanut butter	1-2 T
Egg	1

fat group ~ 3-4 servings depending on calorie needs

Margarine, butter, oils, dressings, dips	1 tsp
--	-------

snack

from all

5

food groups

Fruit*

Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

Dried Fruit

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

Vegetable*

Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

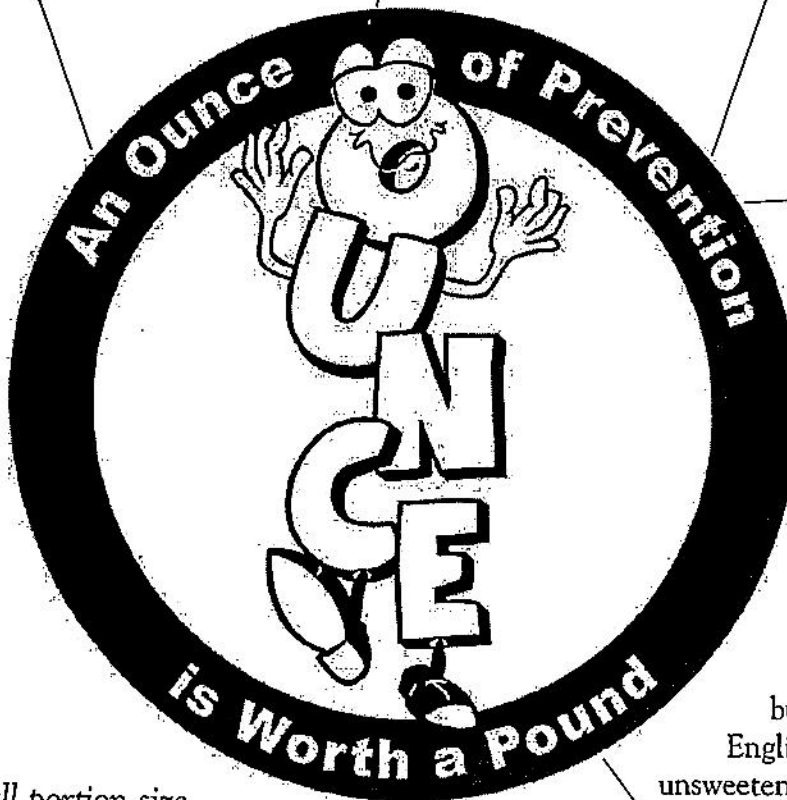
* Use caution when feeding these foods due to a possible choking problem.

Milk

Milk, cheese (grated or cubed), yogurt (fresh or frozen), pudding.

Smoothies

Blend yogurt, fruit, milk and 100% juice together.



Meat

Chicken, tuna or egg salad, ham, hard boiled egg, bean dip, peanut butter, cottage cheese.

Grain

Plain tortilla, bagel, bun, bread or English muffin, unsweetened cereal, crackers.

Offer small portion size.

Best not to offer 1 - 2 hours before mealtime.

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