



Child's Name _____ Birth Date _____

Appointment With _____ Date of Visit _____

Milestones Children 6-10 Years of Age

My child

- talks to me about her or his friends, feelings, and school.
- looks rested when she or he gets up in the morning.
- follows rules at home and at school most of the time.
- has hobbies or interests that she or he enjoys.
- has close friends.
- behaves appropriately most of the time.

Growth/Weight Concerns _____

Questions for Provider _____

Health Tips

Children need to learn by watching and then doing an activity. Show them how to do a job; then have them do it while you watch.

Children need at least 20-30 minutes of exercise each day. This is a good habit for children to learn. Limit computer and TV time. Make sure that your children get outside to play.

Children need praise, especially when they work hard and finish things.

Children need to wear a helmet when using bikes, skates, scooters, and skateboards.

Children need to be taught what to do and not to do when they are angry.

Children need to be told that they should not use drugs and alcohol. Be a good example for your child.

Children need to be a part of groups. Encourage your child to join team sports.

Children 4-6 years of age need two vaccinations. They need their last dose for chicken pox and their last dose of MMR (measles, mumps, and rubella).