



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Tylenol/Acetaminophen	mL = milliliter tsp = teaspoon	Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
	Weight				
	6-11 lbs.	1.25 mL	—	—	
	12-17 lbs.	2.5 mL	—	—	
	18-23 lbs.	3.75 mL	—	—	
	24-35 lbs.	5 mL	5 mL (1 tsp)	—	
	36-47 lbs.	—	7.5 mL (1.5 tsp)	—	
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Motrin/Ibuprofen	Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each
	12-17 lbs.	1.25 mL	—	—
	18-23 lbs.	1.875 mL	—	—
	24-35 lbs.	—	5 mL (1 tsp)	1 tablet
	36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets

*If under 6 months of age, please consult your pediatrician.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.



6 YEAR CHECKUP

Date: _____
Weight: _____
Height: _____

Next Visit: **7 Years of Age**

Healthy Teeth

- Help your child brush his/her teeth twice a day (after breakfast & before bed).
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss his/her teeth once a day.
- Your child should visit the dentist at least twice a year.

Ready for School

- Take your child to see the school and meet the teacher.
- Read books with your child about starting school.
- Talk to your child about school.
- Make sure your child is in a safe place after school with an adult.
- Talk with your child every day about things he/she liked, any worries, and if anyone is being mean to him/her.
- Talk to us about your concerns.

Your Child and Family

- Give your child chores and follow through to encourage responsibility.
- Have family routines.
- Hug and praise your child.

- Teach your child what is right and wrong.
- Help your child to do things for himself/herself.
- Children learn better from discipline than they do from punishment.
- Help your child deal with anger.
- Teach your child to walk away when angry or go somewhere else to play.

Staying Healthy

- Eat breakfast.
- Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
- Limit candy, soft drinks, and high-fat foods.
- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Limit TV and screen time to 2 hours a day.
- Do not have a TV in your child's bedroom.
- Make sure your child is active for 1 hour or more daily.

Safety

- Your child should always ride in the back seat and use a car safety seat or booster seat.
- Teach your child to swim.
- Watch your child around water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, in-line

- skating, skiing, snowboarding, and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in a hallway near every sleeping area.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- Teach your child about how to be safe with other adults.
- No one should ask for a secret to be kept from parents.
- No one should ask to see private parts.
- No adult should ask for help with his private parts.

Immunizations

- CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine.
- Tylenol or Motrin may be used for discomfort (see dosing chart on back of sheet).



BRUSH UP ON HEALTHY TEETH

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Help your child brush his/her teeth with a soft toothbrush twice a day. All children at this age need help with brushing from an adult to make sure a good job is done. Most children will need help until they are 6-8 years old! Once teeth touch, they can also be flossed. Remember the last thing to touch the teeth before bed is the toothbrush!

Fluoride

Fluoride is VERY important for healthy teeth. Use a pea-sized amount of toothpaste at this age. When possible, teach children to spit out extra toothpaste, but don't rinse with water – the little bit of toothpaste left behind is good for their teeth.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes milk, juice, soft drinks, and sweet tea. Only water should be given between meals. Milk and juice should only be given at mealtime. Do not allow your child to walk around with a bottle or sippy cup. Never put your child to bed with a bottle, cup, or food. Avoid gummy snacks such as fruit snacks.

Dental Visits

Your child should have regular dental visits with a dentist. This is especially true if your child is having dental problems or is at high risk to develop cavities.

Brush, Book, Bed, a program of the American Academy of Pediatrics (AAP), has a suggestion for all parents:

1. Each night, help your children brush their teeth.
2. Read a favorite book (or two)!
3. Go to bed at a regular time each night.

6 Year Checkup Weight Control Daily Diet Suggestions

- Eat a nutritious breakfast every day.
- Have a quality brown bag or quality school lunch daily.
- Have milk or a dairy product at every meal.
- Eat fruits and vegetables in abundance daily.
- Plan healthy snacks for after-school time.
- Limit soft drinks and fruit drinks.
- Encourage water throughout the day.

Daily Activity Suggestions

- Plan outdoor time and reading time daily.
- Limit “screens” to 1-2 hrs/day, including computers, games, TV, and movies.

ACTIVITIES: 6 YEARS OLD

- Make a nature collage. Collect leaves, pebbles, and small sticks from outside and glue them on a piece of cardboard or stiff paper. Cereal and cracker boxes can be cut up and used as cardboard.
- Practice writing first names of friends, toys, and relatives. Your child may need to trace the letters of these names at first. Be sure to write in large print letters.
- Encourage dramatic play. Help your child act out his/her favorite nursery rhyme, cartoon, or story. Use large, old clothes for costumes.
- Play simple ball games such as kickball. Use a large (8”-12”) ball and slowly roll it toward your child. See if your child can kick the ball and run to first base.
- When reading stories to your child let him/her make up the ending or retell favorite stories with silly new endings that he/she makes up.
- Let your child help you with simple cooking tasks such as mashing potatoes, making cheese sandwiches, and fixing a bowl of cereal. Afterward, see if he/she can tell you the order that you followed to cook and mash the potatoes or to get the bread out of the cupboard and put the cheese on it. Supervise carefully when your child is near a hot stove.
- Play “20 Questions.” Think of an animal. Let your child ask 20 yes/no questions about the animal until he/she guesses what animal it is. You may need to help your child to ask yes/no questions at first. Now let your child choose an animal and you ask the 20 questions. You can also use other categories such as food, toys, and people.
- You can play “license plate count-up” in the car. Look for a license plate that contains the number 1. Then try to find other plates with 2,3,4, and so forth, up to 10. When your child can play “count-up,” play “count-down,” starting with the number 9, then 8,7,6, and so forth, down to 1.
- Practice pretend play or pantomime. Here are some things to act out: 1. Eating hot pizza with stringy cheese; 2. winning a race; 3. finding a giant spider; 4. walking in thick, sticky mud; 5. making footprints in wet sand.
- Make a simple concentration game with two or three pairs of duplicate playing cards (two king of hearts), or make your own cards out of duplicate pictures or magazine ads. Start with two or three pairs of cards. Turn them face down and mix them up. Let your child turn two cards over to see if they match. If they don't, turn the cards face down again. You can gradually increase to playing with more pairs of cards.
- Make an obstacle course either inside or outside your home. You can use cardboard boxes for jumping over or climbing through, broomsticks for laying between chairs for “limbo,” and pillows for walking around. Let your child help lay out the course.
- After washing hands, practice writing letters and numbers in pudding or thinned mashed potatoes spread on a cookie sheet or cutting board.
- Play mystery sock. Put a common household item in a sock. Tie off the top of the sock. Have your child feel the sock and guess what is inside.
- Make color rhymes. Take turns rhyming a color and a word: blue, shoe; red, bed; yellow, fellow. You can also rhyme with names: dad, sad; Jack, sack.
- Make an “I can read” poster. Cut out names your child can read. You can write your child's name and names of relatives and friends on pieces of paper and put them on the poster.
- Play “what doesn't belong?” Let your child find the word that doesn't belong in a list of six or seven words. The one that doesn't belong can be the word that doesn't rhyme or the word that is from a different category.
- Play the memory game. Put five or six objects on a table. Have your child close his/her eyes. Remove one object and rearrange the rest. Ask your child which object is missing.
- Make puppets out of ice cream sticks, paper bags, socks, or egg cartons. Decorate the puppets with yarn, buttons, and colored paper. Make a puppet stage by turning a coffee table on its side.
- Play the old shell game. Get four cups or glasses that you cannot see through. Find a small ball, object, or edible item that fits under the cups. Have your child watch as you place the object under one of the cups and move all of the cups around. Have your child try to remember which cup the object is under.
- Play “mystery sound.” Select household items that make distinct sounds such as a clock, cereal box, and potato chip bag. Put a blindfold on your child and have him/her try to guess which object made the sound.