

# Health is a Journey!!

What to expect at age 6 years!!!

Where will **YOUR JOURNEY** lead???. Choose **DESTINATIONS**, **PATHWAYS**, and **GPS HABITS** to get there....

## One Day at a Time!!



SKILLS: Things you



**BELONGING:** Being a useful part of a group to make things better



**GIVING:** Giving your time and talents to make things better



**INDEPENDENCE:** Thinking and acting on your own to make things better

The

The **Healthiest Kids** choose Short Term Goals or **PATHWAYS** to do everyday to be Healthy. Which will you Choose to develop?



### Pathway-Nutrition

- ◇ Stop the Pop! Delete the Sweet! Vamoose the Juice!
- ◇ BMI less than 85... Percentile
- ◇ Toddlers; Take the Dip... in BMI
- ◇ "Otter" Drink your Water!



### Pathway-Exercise

- ◇ Quit the Sit!!
- ◇ Be Heroic-Do Aerobic...Exercise!
- ◇ Go the Distance with Resistance
- ◇ Lengthen to Strengthen!
- ◇ Fetch the Stretch



### Pathway-Teeth

- ◇ Don't share Spit!
- ◇ "Give a Swig" after eating/drinking
- ◇ Brush/floss 1-2 times a day



### Pathway-Social/Emotional

- ◇ Share with /Help Others
- ◇ Smile/laugh
- ◇ Be thankful
- ◇ Read others' emotions



### Pathway- Cognitive (Brain Thinking)

- ◇ Make your Thought Stream Supreme!
- ◇ Read to Succeed
- ◇ Perceive and Achieve
- ◇ Solve and Evolve
- ◇ Math is the Path
- ◇ Attention = Extensions & mensions



### Pathway- Stress

- ◇ Practice WAIT!
- ◇ Pick a Calm the Qualm technique

### Pathway- Environment and Safety

- ◇ Use sunscreen
- ◇ Wear seat belts
- ◇ Don't smoke or use drugs
- ◇ Be careful with media
- ◇ Disaster Drills



**Pathway-Bodily Tasks** (each TSK may have a specific need, like working on Constipation, or urine accidents, or asthma... so... fill in the blank!)

"Spy Inside" for a particular problem, like headaches or stomach-aches

### Pathway-Sleep

- ◇ 10 hours a night
- ◇ No media in the bedroom
- ◇ Ways to go to sleep



## One Day at a Time! START HERE →

for **YOUR HEALTHY JOURNEY!!!**

So... **Pick** something **HEALTHY** to work on this year!

**What** is it?

**How** will you do it?

**Make** a plan!

**TELL DR. GRETA about!!!!**

**Parents- Give that Kid a hug!**



**Kids- Give your Parents and Grandparents a hug!**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

# Health is a Journey!! One Day at a Time!!



Gene, Dr. Greta's Advisor

THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time! Under the tutelage of Gene, this material is developed by

Greta McFarland, MD FAAP  
Box 849  
Ashley Clinic  
Chanute, Ks 66720

**Now We are 6!! (Thanks to A.A. Milne)**

## MORE INFO IN DEPTH.....

**The 6 Year Visit!! "Look out Life, Here I Come!"** Is your child ready? [And Self-Esteem is a part of the puzzle!](#)

**Self-Esteem** = the feelings your child has about himself/herself

1. How well your child gets along in the world.
2. What he or she is able to do
3. The praise and accomplishments must be real— not just given to make him or her "feel good"

**So, how do you help your child?**

Here are a few ideas, but you will develop your own. Please tell me what you are doing, and how **PROUD** you are of your child's accomplishments!

**HABITS and SELF-ESTEEM** –The cornerstones for the rest of your child's life! Habits are developed best by doing the same thing at the same time, most days. This includes eating regular meals, hopefully together, getting up in time to enjoy the morning, and not be rushed or harried, having a set time for chores, homework, and then scheduled family time to enjoy each other. All of these require a LOT of effort to make them habits, but a child with habits is more likely to handle stresses better and do better in life. If a child can "Count On" some things in life, he or she does not have to worry or be concerned about nearly as many things, and can concentrate on other topics, like learning, and developing good, healthy, friendships.

*Help him or her develop healthy habits in the following areas. He or she will feel better physically and will feel better emotionally, so better Self-Esteem:*

**Skill Building for Self-Esteem** –Help your child experience as much as possible! Reading is about the BEST gift you can give your child! Go to the library often, and share in this as a family! Other skills using the hands, such as building models, arts, crafts, working with a family member or friend on a project

such as a vehicle (be sure the child is supervised and it is safe), or going on a special trip to see something, or collect items (rocks, leaves or something that may require a little study) all give the child something else to think about, and become curious. THEN the child will feel he or she has learned something to share with others, and can be a budding "Authority" and he or she has Self-Esteem!!!

**Stress Management** –Does your child know how to calm him or herself? This is very important to help reduce physical problems like stomachaches and headaches, help get ready for sleep, and control anger outburst. Ask if you have questions

**Nutrition**- 5 vegetables/fruits, 3 dairy, 2 proteins, and limited pop, sweets

**Dental** –Healthy and good looking teeth can make all the difference! Make it happen!

**Sleep**- Closer to 10 hours a night, and is there restlessness, snoring?

**Exercise** -At least 30-60 minute moderate to strenuous activity 5 times a week

**Mood Control** –Anger, Sadness, Fear? We are learning more about how emotions become habits, and how we can help kids develop habits to lessen or control these emotions. Just Ask!!!!

**Physical Grooming** – Pay attention to your child's physical appearance, such as skin, hair, etc. as grooming products can cause more difficulties, including any type of "chemicals" we use on our bodies!

**SOCIAL SETTINGS and SELF-ESTEEM**-Your child is becoming more independent, and that is GREAT! But YOU need to be guiding this search for independence. Here are a few areas to consider:

**Violence** –The potential for this is HUGE. It starts with disrespect and then feeling angry or disgusted with others, then can escalate to verbal put-downs and then to physical attacks. If you are concerned about any early patterns you are seeing in your child or family, in ANY setting, let me know.

**Friends** –Your child will be interested in spending more time with friends, with sleepovers and longer week-end types of trips. These are very good learning experiences. Perhaps, you will be the one to start these by having your child's friends to your house. Be sure there is enough supervision and things to do, and be sure the environment is safe (considering swimming pools, hot tubs, guns, alcohol, tobacco, drugs). This is the age where bullying starts. It is important to intervene immediately, whether your child is the child doing the bullying or the victim. Let me know if you have questions.

**Home** –How are things at home? This is the age where things start getting a little more hectic, and it is EASY to not spend time with your child. Just remember, that if YOU don't make the effort to spend time EVERY DAY now, you will wake up someday and not even recognize your child! (Actually, that can happen anyway, but the more time you spend now, the less likely you will think this "new person" must be from an alien planet!)

**Community** –This includes school and other organized activities. How well is your child accepted by others? Can he or she play and work with others? If a child has trouble reading "Social Cues", or consistently does things to get attention, there may be other underlying needs that haven't been met. Often, if you don't figure out how to help the child feel good about him or herself, this will just get worse, and the child can be labeled as a "Trouble Maker" or "the Class Clown".

**Media** –Electronics have a place in our world, but it is easy to have too much. Be sure your child isn't having access to the internet to contact outside people or to make purchases! There is growing concern that too much screen time may prevent social interaction and may even lead to some types of addiction. Limit the media to a 1-2 hours a day at this age, and don't have it in the bedroom!