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Well Child Care: The School-Aged Child (6-11 years old)

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ BMI: _____ Age: _____

We recommend that your child has a health supervision exam (physical, checkup) every two years, usually ages 6, 8, 10, and 12 years old. Patients with illness or problems may need more frequent visits. After the five-year-old immunizations, we recommend the following:

IMMUNIZATIONS:

- Tdap booster:** (Tetanus, diphtheria, & Pertussis) at age 11-12 years and every 10 years thereafter
- Varicella** (Chicken Pox): if you have no prior history of immunization or illness
- Hepatitis A** series: if not previously completed (recommended, but not currently required)

HEALTHY HABITS:

- Supervise your child's activities with peers
- Be sure your child gets enough sleep (8 to 10 hours each night)
- Plan regular physical activity as a family, for example, take an after dinner walk three times a week, or schedule a weekly bike ride on Saturday mornings
- Limit television, computer, and electronic game time to 1 to 2 hours per day
- Watch programs together and discuss them
- Check television and video game ratings and choose appropriately
- Supervise your child's personal care and hygiene, reinforcing appropriate techniques
- Emphasize the importance of hand washing
- Counsel your child about avoiding the use of alcohol, tobacco, drugs, and inhalants

NUTRITION:

- Share meal time together regularly, and make this time pleasant, encourage conversation
- Teach your child the importance of a healthy, well-balanced diet using the food pyramid (for more information, go to www.mypyramid.gov)
- Be aware of the food served at school and teach you child to make healthy choices
- Advocate with your school to serve only healthy choices
- Limit high-fat, high-sugar, or low-nutrient foods and beverages, such as candy, chips, or soft drinks
- **Check the ingredients on nutrition labels.** Foods with sugar, or sugar products, listed as one of the first three or four ingredients is high in sugar and should be limited

ORAL HEALTH:

- Be sure that your child brushes his/her teeth twice a day with a pea-size amount of fluoridated toothpaste, have your dental professional teach you how and when to floss his/her teeth
- Continue to give the fluoride supplement to your child
- Schedule a dental appointment for your child every 6 months or as indicated by your child's individual needs
- As your child's permanent molars erupt, be sure that your dentist evaluates them for placement of dental sealants

INJURY PREVENTION:

- Continue to use a belt-positioning booster seat with the lap and shoulder belt until your child reaches about four feet nine inches and is between 8 and 12 years old (until your child can sit upright against the back cushion and bend his/her knees over the edge of the seat without slouching)
- Be sure the safety belt fits correctly. The lap belt should fit low and snugly across your child's thighs and the shoulder belt should rest across the center of his/her chest
- Never place your child in the front seat of a vehicle with a passenger air bag. The back seat is the safest place for children of any age to ride
- Teach your child to swim and reinforce water safety rules. Children should be supervised by an adult whenever they are near water
- Use sunscreen (SPF 15 or higher) before going outside
- Teach your child how to use emergency services (call 911)
- Lock up poisons, matches, and electrical tools
- If guns are kept in the home, be sure they are unloaded and locked up and the ammunition is stored separately. A trigger lock is another important precaution
- Reinforce safety rules for biking and skating. Always have your child wear a helmet
- Teach your child how to be safe around strangers (never open the door to a stranger, never get into a stranger's car)

EMOTIONAL HEALTH:

- Praise your child for personal efforts and accomplishments
- Show interest in your child's school performance and after-school activities
- Be in contact with your child's teacher
- Encourage your child to develop hobbies
- Encourage your child to talk with you about school, friends, and feelings
- Spend individual time with your child, doing something you both enjoy
- Continue to set limits and establish consequences for unacceptable behavior
- Assign age-appropriate chores to teach responsibility
- Teach your child how to handle anger constructively

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.