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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](http://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](http://www.fresnochildrens.com). If you do not have access to the internet, please call our office to have them mailed to your home.**