



## Well Child Care: Middle Childhood (9-11 years old)

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

WT: \_\_\_\_\_ HT: \_\_\_\_\_ BMI: \_\_\_\_\_ Age: \_\_\_\_\_

We recommend that your child has a health supervision exam (physical, checkup) every year. Patients with illnesses or other issues may require more frequent visits. Eleven to twelve year old vaccines include tetanus, diphtheria, and pertussis (Tdap), meningococcal, and human papilloma virus (HPV).

### HEALTHY HABITS:

- Be sure your child gets enough sleep (10 hours each night).
- Encourage your child to be physically active at least 60 minutes every day. It doesn't have to be all at once.
- Take your child to the dentist every 6 months or as indicated by your child's individual needs.
- Counsel your child about avoiding the use of alcohol, tobacco, drugs, and inhalants.

### SCHOOL:

- Doing well in school is one of the ways children feel good about themselves.
- Show interest in your child's school by being involved in his/her school activities, volunteering in classrooms, participating in school events, going on school field trips, or attending PTC meetings.
- Help develop good homework habits. Provide a regular location and time to work on homework to foster a good homework habit. Some children prefer parents to be available close by so he/she can ask for help if needed.
- Make sure to ask your child about his/her experiences at school daily.

### TELEVISION/ENTERTAINMENT/MEDIA

- Research indicates that viewing some types of media violence may encourage aggressive behavior in children, desensitize them to violence, or cause fearful attitudes about the real world. In addition, TV viewing can promote poor body concept, substance abuse, early sexual behavior and poor self image. The American Academy of Pediatrics recommends the following for parents:
  - Limit children's total media time (television, videos, computers) to no more than 1 to 2 hours of quality programming a day.
  - Do not have a television or internet access in your child's bedroom.
  - Monitor the shows that your child watches. Most programs should be informational, educational, and nonviolent. View television with your child.
- Your family computer should be in a place where you can easily observe your child's use. Teach your child to never give out personal information on the computer unless their parents say it's okay.
- Check the Internet history regularly to be sure you approve of your child's Internet choices.

### SELF-ESTEEM:

- Middle childhood is an important time for the continuing development of self-esteem. Healthy self-esteem helps your child to act responsibly, cooperate well with others, deal with difficulties, and have the confidence to try new things. Strengthen your child's self-esteem by:
  - Giving love freely and unconditionally.
  - Showing love and acceptance through your daily expressions of affection, care and concern.
  - Spending time together - play, work and relax together.
  - Showing that you feel good about them by hugging them.
  - Telling them often, "I like what you did or said" and "I love you."
  - Helping your child set realistic and attainable goals.
  - Praising your child for the effort, not for the outcome.

- Avoid criticizing your child's performance, instead praise his/her enthusiasm or imagination.
  - Encouraging your child to engage in activities due to interest, not ability.
- Verbal abuse - some parents constantly and harshly criticize their child, frequently blame or belittle him/her, or express their anger by yelling or calling him/her names (for example, dumb, stupid, ugly). These parents are verbally abusive. Over the years, verbal abuse is likely to seriously impair the child's social, emotional, and intellectual functioning.

#### **DEVELOPMENT:**

- Most children this age grow about two inches per year.
- Your child's motor skills, strength and coordination will improve. By 10 years old their skills (but not strength) are almost equal to an adult. A 10-year-old may be able to catch a fly-ball, build a model or learn to sew.
- Your child is in a period of great social and intellectual growth. He/she is learning how to use logic, reasoning, and develop problem-solving skills. Encourage competence, independence, and self-responsibility by helping him/her do things himself/herself.
- You are your child's most important role model. Live the values you want your child to have.
- Teach your child that everyone has worries and issues which make them angry. The best way to deal with them is to talk with someone who listens well, someone who will help them learn how to deal with problems in a positive way.
- Do not hit, shake, or spank your child or permit others to do so. Instead, talk with your child about establishing reasonable consequences for breaking the rules, and follow through with the agreed-upon consequences each time a rule is broken.

#### **SIGNS OF PUBERTY:**

- Girls may have breast bud development as early as 8 years old, but 10 years is the average.
- Boys may have enlargement of the testes and thinning of the scrotum at around age 11, but this may occur as early as 9 years old.
- Soon after these early signs of puberty, pubic hair begins to appear.

#### **NUTRITION:**

- Dietary guidelines for 9-11 year olds:
  - Grains (at least half should be whole grains) – 5-6 ounces daily – One ounce is a slice of bread, a cup of dry cereal or a half a cup of cooked rice, pasta, or cereal.
  - Vegetables – 2 cups daily – One cup is considered a cup of cooked/raw vegetables, a cup of vegetable juice, or 1 cup of cooked dry beans or peas.
  - Fruits – 1 ½ cups daily – One cup is considered a cup of fruit, one half cup of dried fruit, or one cup of 100% fruit juice (not more than one cup each day).
  - Milk products – 3 cups daily – One cup is considered a cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese.
  - Meat and beans – 5 ounces – One ounce is considered an ounce of meat, poultry or fish (three ounces is about the size of a deck of cards), ¼ cup of cooked dried beans, 1 egg, a tablespoon of peanut butter, or ½ ounce of nuts or seeds.
- Nutrition is extremely important to your child's health. Healthy food choices improve the way a person feels and performs.
- In the United States, the incidence of childhood obesity has doubled in the past 20 years.
- Excessively high-fat and high-sugar foods need to be limited.

#### **INJURY PREVENTION AND SAFETY:**

- A **belt-positioning booster seat** is appropriate until the vehicle seat belt fits your child properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.
- 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 younger than 13 years old to ride.
- If guns are kept in the home, be sure they are unloaded, locked up, and the ammunition is stored separately. A trigger lock is another important precaution. Children may not understand how dangerous guns can be, despite your warnings.
- Reinforce safety rules for biking, scootering, skating, etc. 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)
- Teach your child that it is never all right for an adult to tell a child to keep secrets from parents, to express interest in private parts, or to ask a child for help with his or her private parts.

**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.**