

**WELL CHILD: THE SIX TO TEN-YEAR OLD (1 OF 2)**  
VIRGINIA MASON FRANCISCAN HEALTH – PEDIATRICS AND ADOLESCENT MEDICINE

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Name	_____	Weight	_____
Date	_____	Height	_____
		BMI (body mass index)	_____
		BP	_____ / _____ HR _____
		Vision: R	_____ / _____ L _____ / _____
		Hearing	_____

**NUTRITION**

- Balance diet. Limit junk food. Separate eating from TV.
- If your child drinks water without fluoride, please let me know.
- Eat together as a family whenever possible. Continue to model good nutrition and exercise habits.
- Give daily supplements of vitamin D (400 IU) and calcium (1000 mg) if your child takes less than 16 oz. of milk per day. Avoid juice and sweetened drinks.

**DENTAL CARE**

- Continue taking your child to the dentist every 6 months. Ask me about fluoride supplements if your child drinks non-fluoridated water.

**SCHOOL**

- Keep in touch with your child’s teacher. Help your child organize.
- Set up a clear spot for your child’s school things.

**PARENTING**

- Encourage physical exercise and outdoor activities. Model the behaviors for your child. Self-esteem is largely a reflection of parental love and acceptance at this age.
- Discuss current events, advertising, books, and share your family values with your child. Ask what she/he thinks and feels about things. Openly discuss the hazards of smoking, drug use, and alcohol.
- If there are guns in the home, lock them and store ammunition separately under separate lock. Talk to your children about gun safety.
- Continue to teach and reinforce personal safety and stranger training.
- Limit screen time (TV, video, computer) to less than one hour a day. Keep TV out of your child’s bedroom.

**SAFETY**

- Teach your child about water and bicycle safety. Now is a great time for swimming lessons. Continue to model and reinforce seatbelt and helmet use.
- Your child should use a booster seat in the car until the adult seat belt fits—usually when he/she is about 4’9” tall and at least 8 years old. To see if your child is ready, try these tests:
  1. Does the child sit all the way back against the auto seat?
  2. Do the child’s knees bend comfortably at the edge of the auto seat?
  3. Does the lap belt fit snugly across the top of the thighs?
  4. Does the shoulder belt come across the center of the shoulder and chest, without hitting neck or face?
  5. Can the child sit like this the whole trip?

If you answer “no” to any of these questions, your child needs to ride in a booster seat.

- **In case of ingestion of poisons, call the Poison Control Center immediately. Post this number by your phone: 1(800)222-1222.** Do not use syrup of ipecac. Visit [poison.org](http://poison.org) for more information.
- If you need assistance, [helnegrowwa.org](http://helnegrowwa.org) is available to help with food resources, transportation, clothing, employment, housing, or other support.

**PUBERTY**

- Start early with age-appropriate discussions about puberty, sex, and dating. Plan on having many brief, spontaneous conversations over the years as “teachable moments” arise, instead of planning a long lecture at a later age. Consider a puberty class at a local hospital or school, or, for many more resources, see below, or visit [BirdsAndBeesAndKids.com](http://BirdsAndBeesAndKids.com).

## WELL CHILD: THE SIX TO TEN-YEAR OLD (2 OF 2)

### IMMUNIZATIONS

- You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements, at [www.vmfh.org](http://www.vmfh.org).
- We recommend influenza vaccination every year for **all** infants (age 6 months and up), children, adolescents, and adults. Visit [flu.gov](http://flu.gov) for more information and visit [www.vmfh.org](http://www.vmfh.org) every fall for flu vaccine clinic information.

### NEXT VISIT

- Please schedule a yearly check-up.
- If camp or sports require a yearly physical exam, please plan ahead.

### BOOKS / RESOURCES

- *It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends* by Robie H. Haris and Michael Emberley
- *It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families* by Robie H. Haris and Michael Emberley
- *The Care & Keeping of You: The Body Book for Girls* (American Girl Library)
- *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health* by Robie H. Haris and Michael Emberley
- *The Boy's Body Book: Everything You Need to Know for Growing up YOU* by Kelli Dunham and Steven Bjorkman
- *The Girl's Body Book: Everything You Need to Know for Growing up YOU* by Kelli Dunham and Laura Tillary