10 Year Old Well Child Care

SCHOOL PERFORMANCE:

Talk to the child's teacher on a regular basis to see how the child is performing in school. Remain actively involved in your child's school and school activities.

SOCIAL AND EMOTIONAL DEVELOPMENT:

- Your child may begin to identify much more closely with peers than with the parents or family members.
- Encourage social activities outside the home in play groups or sports teams. Encourage social activity during after school programs. You may consider leaving a mature 10 year old at home for brief periods of time during the day, with clear rules.
- Make sure you know your children's friends and their parents.
- Talk to your child about sex education. Answer questions in clear, correct terms.
- Talk to your child about the changes of puberty. Explain how these changes occur at different times in different children.

IMMUNIZATIONS:

Children at this age should be up to date on their immunizations, but the caregiver may recommend catch-up immunizations if any were missed. Females may receive a dose of human papilloma virus vaccine (HPV) at this visit. HPV is a three dose series, given over 6 months time. A booster dose of Tdap (tetanus, diphtheria, and pertussis [also called whooping cough]) may be given at this visit. Annual influenza or “flu” vaccination should be considered during flu season.

TESTING:

Vision and hearing should be checked. The child may be screened for anemia, tuberculosis, or cholesterol, depending upon risk factors.

NUTRITION AND ORAL HEALTH

- Encourage low fat milk and dairy products.
- Limit fruit juice to 8 to 12 ounces per day. Avoid sugary beverages or sodas.
- Avoid high fat, salt, and sugar choices.
- Allow children to help with meal planning and preparation.
- Try to make time to enjoy mealtime together as a family. Encourage conversation at mealtime.
- Model healthy food choices and limit fast food choices.
- Continue to monitor your child's tooth brushing and encourage regular flossing.
- Continue fluoride supplements if recommended due to the lack of fluoride in your water supply.
- Schedule an annual dental exam for your child.
- Talk to your dentist about dental sealants and whether the child may need braces.

SLEEP

Adequate sleep is still important for your child. Daily reading before bedtime helps the child to relax. Avoid watching television at bedtime.

PARENTING TIPS

- Encourage regular physical activity on a daily basis. Take walks or go on bike outings with your child.
- The child should be given chores to do around the house.
- Be consistent and fair in discipline. Provide clear boundaries and limits with clear consequences. Be mindful to correct or discipline your child in private. Praise positive behaviors. Avoid physical punishment.
- Talk to your child about handling conflict without physical violence.
- Talk to your child about whether the child feels safe at school.

- Help your child learn to control their temper and get along with siblings and friends.
- **Limit television time to 2 hours per day!** Children who watch too much television are more likely to become overweight. Monitor children's choices in television. If you have cable, block those channels which are not appropriate.

SAFETY

- Provide a tobacco-free and drug-free environment for your child. Talk to your child about drug, tobacco, and alcohol use among friends or at friends' homes.
- Monitor gang activity in your neighborhood or local schools.
- Provide close supervision of your children's activities.
- Children should always wear a properly fitted helmet when they are riding a bicycle. Adults should model wearing of helmets and proper bicycle safety.
- Make sure your child uses the seat belt in the back seat of the vehicle at all times. Never allow children under the age of 13 to ride in the front seat with air bags.
- **Equip your home with smoke detectors and change the batteries regularly!**
- Discuss fire escape plans with your child should a fire happen.
- Teach your children not to play with matches, lighters, and candles.
- Discourage use of all terrain vehicles or other motorized vehicles.
- Trampolines are hazardous. If used, they should be surrounded by safety fences and always supervised by adults. Only one child should be allowed on a trampoline at a time.
- Teach your child about appropriate use of medications, especially if the child takes medication on a regular basis.
- If firearms are kept in the home, guns and ammunition should be locked separately.
- Never allow the child to swim without adult supervision. Enroll your child in swimming lessons if the child has not learned to swim.
- Discuss avoiding contact with strangers or accepting gifts/candies from strangers. Encourage the child to tell you if someone touches them in an inappropriate way or place.
- Make sure that your child is wearing sunscreen that protects against UV-A and UV-B rays. The sun protection factor should be of 15 (SPF-15) or higher when out in the sun. This will minimize early sun burning. Burning can lead to more serious skin trouble later in life.
- Make sure your child knows how to call for local emergency medical help.
- Your child should know their parents' complete names, along with cell or work phone numbers.
- **Know the number to poison control in your area and keep it by the phone.**

WHAT'S NEXT?

Your next visit should be when your child is 11 years old.

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