

Name _____ Date _____

Weight _____ (____%) Height _____ (____%) BMI _____ (____%)

Blood Pressure _____

Growth and Health

- There is a wide range in physical skills between children at this age. Encourage extracurricular activities that your child enjoys, and that suit his/her abilities.
- Kids have a ton of energy and need a lot of “outdoor time.”
- Attention spans can be short; this is normal.
- Kids are often careless about hygiene at this age.
- Your child may have questions about body changes and sexuality.
- Brush teeth twice a day, use dental floss, and go to the dentist every 6 months.
- Continue to get 10-12 hours of sleep at night.
- Use sunscreen and bug spray. SPF 30 or greater applied every 2 hours or more often when wet. Sun shirts are great as well.
- Continue to read every day.
- Limit all screen time to a total of 1-2 hours a day, and do not keep a TV in your child’s room.

Safety

- At this age, children have a hard time judging the risks associated with their choices.
- Make a fire escape plan. Check your smoke detector batteries.
- Teach traffic safety (look both ways before crossing street, pay attention in parking lots, bike street safety).
- Wear helmets and protective gear when using bikes, scooters, skates, skateboards, snowboards, skis, and horses.
- Supervise your child around water and enroll your child in swimming lessons.
- Trampolines are not recommended because of the high likelihood of injury (head, neck, back, broken bones).
- Teach stranger safety.
- Teach about private parts. “Only ok for mom, dad, and doctors to look at or touch private parts for keeping you clean or healthy.” Make sure they know what their private parts are called.
- Teach your child his/her phone number and address.
- Keep guns and ammunition separately under lock and key. Teach kids to never touch a gun without adult supervision.

Continued on other side

Nutrition

- Kids should be involved in food selection and preparation at this age, with emphasis on teaching healthy food habits.
- Remember that parents are the best example of healthy eating!
- Avoid eating in front of the TV, and make mealtime an opportunity to spend time with the family and discuss your child's day.
- Limit junk food, juice, pop, and fast food.
- Maximize calcium intake (3-4 servings of dairy a day) for development of healthy bones.

At this visit

Typical screenings: cholesterol between age 9-11*

Typical immunizations: Influenza when in season

*Per provider discretion

Return in 1 year for your next well child visit!