

## SCHOOL AGE 6-10 YEARS

The complete details of today's visit are on our web site at [pcpmds.com](http://pcpmds.com). If you do not know how to access your child's records please ask our staff on the way out and they will gladly help you. Remember to confirm future appointments you must click on the link you receive in the text message.

Hemoglobin urinalysis hearing vision PPD/TB screen

- Schedule an appointment for 48 to 72 hours with MD to have TB screen checked on: \_\_\_\_\_

**VACCINES:** TDAP HEPATITIS A HPV FLU OTHER: \_\_\_\_\_

- Vaccine Information Sheets (VIS) are available for review on our web site [pcpmds.com](http://pcpmds.com) under "forms and handouts". There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They also have been sent to your own personal portal account. Laminated copies are available for your review in the office..
- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.
- These mild reactions may be treated with either:
- **acetaminophen** 160/5ml ( ) ml every 4 hours as needed or **ibuprofen** 100mg/5ml ( ) ml every 6 hours for fever > 101

## NUTRITIONAL/ EXERCISE COUNSELING:

WT: \_\_\_\_\_ % HT: \_\_\_\_\_ % BMI: \_\_\_\_\_ %  
BMI over 85%= overweight over 95% = obesity WT to lose \_\_\_\_\_ IDEAL WT: \_\_\_\_\_ to \_\_\_\_\_

1. Teach your child healthy eating habits now to avoid health problems in the future – see our web site
2. Your child needs **32 oz. of low fat or preferably skim milk** per day. This may be replaced with cheese: 1 slice = 4 oz. of milk. Also, calcium fortified almond milk, soymilk, and yogurt can replace milk oz. for oz.
3. Encourage your child to drink water. **AVOID all juices even 100% juices** and avoid all sodas and juice drinks. Sports drinks are only to be consumed during sports or to treat vomiting and diarrhea.
4. Watch your child's portions - a child should not be eating adult portions. **Family dinners at the table**, 5/7 nights promote healthy weight. **Only 1 snack per day**. No media, T.V., computers being watched/played while eating.
5. Children should have **60 minutes of exercise** per day, encourage family exercise as a way to do things together and teach healthy habits. Be a healthy role model.

**DENTAL:** Twice yearly dental exams, twice daily brushing

## FAMILY:

1. Set reasonable limits and rules and have consequences for infractions determined **before** the infraction occurs.
2. Monitor school performance thereby showing interest in education. Monitor home chore responsibilities. Hold your child accountable for maintaining both school performance and home responsibilities – just like in real life!
3. Consider providing an allowance to teach money management skills.
4. Praise, encourage, and show affection. Build up family time - these are your last years to reinforce family before the "teen" years.

## SAFETY:

1. Discuss substance abuse - begin the discussion now before they "know it all".
2. Discuss sexual development – attuning to pubertal changes, offering deodorant, pads, etc., **BEFORE** the time comes. Remember this is the age group that will actually listen to you – again, before they know it all! Discuss sexual predators. Run through "what if" scenarios.
3. Monitor all media and teach that life is not reality T.V. Show your child that productive members of society do not behave as the characters on reality T.V. behave.
4. Bike helmets each and every time your child is on a bike. No exceptions! It is the law.
5. Your child should be a proficient swimmer at this point. If not, get lessons and do not allow attendance at pool parties until he or she is proficient. Make sure you can swim also!
6. Bullying / social media: Discuss - if you cannot say something directly to someone's face - do not write it either! Words are like a tube of toothpaste, once it's out you can't put it back. **TEACH BOUNDARIES. WORDS CAN HURT PERMANENTLY.**
7. Sports: Use of protective equipment, i.e. shin guards, athletic cups, helmets etc.

**YOUR CHILD NEEDS A YEARLY WELL CHILD VISIT!**

**06032017**