

6-11 YEAR WHELL CHILD CARE VISIT

NUTRITION:

1. Teach your child healthy eating habits now to avoid health problems in the future. You can visit www.mypyramid.gov for healthy eating tips for you and your child or a variety of sites on 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 orange juice, soymilk, and yogurt can replace milk oz for oz.
3. Encourage your child to drink water. Limit juices and avoid all sodas and juice drinks.
4. Watch your child's portions- at this age; a child should not be eating adult portions. Have your child eat regular meals at the table, with a single, small, healthy snack between meals. Your child should never eat while watching TV, playing video games, or while on the computer

EXERCISE: Children should have 60 minutes 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.

SAFTEY:

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, running 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 act like the characters on reality T.V.
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 till proficient. Remember in Florida most kids can swim well by 6 years and adults hosting parties may assume your child is likewise a strong swimmer. Make sure you can swim also!
6. Bullying / social media: discuss with your child remembering that- 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 BOUNTRIES.** Teach words can hurt – sometimes permanently.
7. Sports: use of protective equipment, i.e. shin guards, athletic cups, helmets etc.

MEDICAL:

1. We do screen your child’s **urine** at all visits. If you are asked to come back make sure your child drinks 48 oz of water for 2 consecutive days prior to your return appointment.
2. We do a **test for anemia** at all well child visits.
3. We do **hearing and vision screens** at 6, 8, and 10 years of age.
4. If your child had a screening test for tuberculosis – usually done at the 6, 8, 10 year visit, you will need to return for a **PPD check in 48-72 hours.** You do not need to make an appointment **BUT** you do need to come back. IT is a very quick visit and if the test is negative, which it likely is, you will be checked at the check -in window and then you can leave.

VACCINE: May include: flu, HPV, dTap, Meningococcal, and /or Hepatitis A. Your provider will discuss the vaccines with you and provided a VIS handout for the ones your child will be receiving today.