

TODAYS VISIT: 6-10 YEAR WELL TB CHECK: _____ NEXT VISIT: _____

Please familiarize yourself with our website www.pcpmds.com. On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

WT: _____ % HT: _____ % BMI: _____ %
BMI over 85%= overweight over 95% = obesity WT to lose _____ Ideal weight _____ to _____

NUTRITIONAL/ EXERCISE COUNSELING:

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/ nonfat cow's milk daily** get the necessary calcium (1300mg) and vitamin D (600IU). Plant-based milks generally are not recommended for children unless they have cow milk allergy or intolerance. See our web site for more details
3. **NO JUICE EVER! Water and milk only.** Sports drinks only during sports, or when treating vomiting / diarrhea.
4. **Family dinners at the table** 5/7 nights promotes healthy weight. No media, (T.V., computers) while eating.
5. Children should have **60 minutes of exercise** per day, encourage family exercise. Be a healthy role model.
6. **Limit media** to less than 2 hours per day. That includes educational media.

VACCINES: Tdap (age 10) Flu OTHER: _____

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. See the VIS statements for complete list of reactions.

GENERAL MEDICAL

- **Medications: Acetaminophen** 160/5ml () ml every 4 hours or **ibuprofen** 100mg/5ml () ml every 6 hours as needed for fever > 101 degrees or significant pain
- **MEDICAL TESTING DONE:** hemoglobin____, urinalysis____, hearing____, vision____, PPD/TB screen
The PPD screen needs a follow up office visit /telehealth visit. See above.
- **DENTAL:** Twice yearly dental exams, twice daily brushing by a parent. Children should go to sleep with clean teeth.

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 – aim to reinforce the 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 listen to you – again, before they know it all! Discuss sexual predators.
3. **Monitor all media** and teach that life is not reality T.V. Teach and show by example kindness and respect for others.
4. **Bike helmets** each 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. 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 is out you cannot put it back. **TEACH BOUNDARIES. WORDS HURT PERMANENTLY.**
7. **Sports:** Use of protective equipment, i.e. shin guards, athletic cups, helmets etc.