

# 10 year old check-up



Patient and Family Education

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**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

## **TIPS FOR TAKING CARE OF YOUR CHILD**

### **PARENTING**

- There are many things you can do as a parent to help your child grow up healthy and well adjusted:
  - Give him lots of love and care.
  - Set fair but firm rules.
  - Enforce the rules each time it is needed.
  - Teach your child to be responsible for his actions and to respect others.
  - Teach him your family values and the difference between right and wrong.
- Your child wants and needs your love and your praise. Hug him, and tell him that you love him often. Tell him when he does something that pleases you. Thank him when he does something nice.
- Your child can help around the house. Give him regular jobs, such as helping to prepare meals and cleaning his room. Have him help with care of pets.
- Give your child time to read each day. Visit a nearby library often.
- Doing well in school is important to your child. Talk with your child each day about what happened at school and about his friends. Be positive, and support your child.
  - Make sure he completes any school work.
  - Stay in touch with teachers, and ask for updates on your child's progress.
- Take time out for yourself. Ask someone you trust to watch your child while you do something alone, with your spouse or with a friend.
- Be sure to check out the background of caregivers you do not know.
- Know where your child is at all times, even when he is just "hanging out" with friends. Get to know his friends and their families.
- If your child does not behave, be calm but firm. Set a good example of how you want him to behave.
  - If he refuses to listen to you, place him in "time out" for awhile. Take a privilege away, such as TV time.
  - Be consistent. Only make rules that you can carry out. If you say you are going to do something, do it.

### **DEVELOPMENT**

- Help your child learn to make good decisions. Teach him how to think things through and decide what the right thing is to do.
- Make time for your child to have fun. Your child may enjoy doing arts and crafts or playing a musical instrument and sports.
- Friends are very important to your child. Provide times to play and spend time with neighbors or schoolmates.

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- Teach your child how to save money for something he wants in the future. Give him a plastic jar, cardboard box or bank to keep his money safe in his room. Open a savings account at a local bank, and have him put part of his money in the account.
- Watch TV with your child, and ask him questions about what he sees. Choose shows without violence or sex. Do not allow a TV set in his bedroom.
- Supervise what your child does on the computer. Place the computer in a common room.
- Your child may ask questions about sex. Talk with him - be honest, and provide simple answers. Make sure your child knows that he can come to you with his questions.
- Talk with your child about changes that are soon going to occur with his or her body.
  - If you have a daughter, talk with her about menstrual periods. Prepare her for changes in her breasts and growth of pubic hair.
  - If you have a son, talk with him about changes in his voice, penis and growth of pubic and body hair.
- Teach your child to avoid alcohol, tobacco and drugs.

### SAFETY

- Smoking
  - Do not smoke at home or in the car.
  - Keep your child away from cigarette smoke. Breathing in secondhand smoke can cause asthma, ear infections and other breathing problems.
  - Keep matches and lighters out of reach.
- Home
  - Install smoke and carbon monoxide detectors. Change the batteries twice a year.
  - Teach your child about fire safety. Have a home fire escape plan for your family, and practice it often.
  - Do not let your child use the stove for cooking by himself. Supervise him at all times when he cooks. Teach him how to use the microwave safely.
  - Keep guns and bullets locked up and out of reach.
  - Teach him not to open the door for a stranger.
- Car
  - If your child is less than 4 feet, 9 inches tall, make sure he rides in a booster seat every time you go driving, no matter how short the trip.
  - Booster seats make the seat belt fit your child correctly to help prevent injury.
  - Follow both the car owner's manual and the child safety seat directions for how to use the seat correctly.
  - If your child is more than 4 feet, 9 inches tall, make sure he uses a seatbelt every time you go driving, no matter how short the trip.
  - Keep your child in the backseat. Children should ride in the back seat until they are 13 years old.
  - Set a good example for your child. Wear your seatbelt, too.
- Play
  - Spend time playing with your child. Get to know his friends.
  - Know where your child is at all times. Check out the places he visits and plays regularly.
  - Buy toys and games that help him to learn rules and how to make good decisions. Also buy things that help him to think and learn skills, such as reading and math.
  - Teach your child safety rules for riding his bike in the park, sidewalk and on the street. Make sure your child wears a bike helmet each time he rides.

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- Have him wear a helmet and safety gear for other sports, such as skateboarding and roller skating.
- Do not allow him to play in the street.
- Body safety
  - Teach your child:
    - No one should touch his private parts (parts covered by a bathing suit) except to keep him healthy, such as a doctor or nurse during a check-up.
    - Tell a trusted adult if something happens that makes them feel uncomfortable or unhappy.
    - Never keep secrets from you unless it is a good surprise, such as a birthday present.
- Animals
  - Teach your child:
    - Ask an adult before petting a strange animal.
    - Do not tease animals or take their food away.
    - Do not to put his face near an animal's mouth.
- Outdoors
  - Teach your child how to swim and be safe in the water. Never leave your child alone in the water.
  - Use sunscreen each time your child plays or swims outdoors during the day.
  - Make sure your child wears shoes, even in the grass.

## FEEDING

- Eat meals as a family. Turn off the TV and cell phones.
- Keep meal time pleasant. Share news of the day, and talk together. Focus on family news and not on what or how much your child is eating.
- Provide regular meal times and snack times for your family.
- Your child may enjoy helping to plan and prepare meals. Talk with your child about healthy eating and how it can help him as he grows.
- Choose what foods will be served at meals and as snacks.
  - Allow your child to choose what to eat from the food you provide.
  - Let him choose how much he wants to eat.
  - Do not scold or nag him about what he eats or does not eat.
- Your child's doctor may also advise that you give him a multivitamin each day.
- **Meals** Your child needs food from all food groups:
  - Lean meat, eggs, beans and cheese for protein
  - Fruits and vegetables for fiber, vitamins and minerals
  - Whole grains, such as cereal, pasta and whole grain bread for fiber, vitamins and minerals. At least half of the grains he eats should be whole grains.
  - Dairy foods, such as milk, cheese and yogurt for calcium.
- Fill half your child's plate with fruits and vegetables.
- Limit fast food meals and snacks. These foods add lots of fat, sugar, salt and calories but little nutrition.
- If your child takes a lunch to school:
  - Pack him foods from each of the food groups. Or let your child help you pack his lunch.
  - Freeze a water bottle, and add it to the lunch box to keep foods cold.
- When eating out, teach your child to make healthy choices, such as:

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- Baked, broiled, grilled or roasted fish and meats
  - Roasted, baked or steamed potatoes or vegetables instead of French fries
  - A fresh, green salad or a fruit cup
  - Whole grain bread and buns instead of those made with white flour
  - Water and low-fat milk
  - Low-fat frozen yogurt with fruit for dessert
- **Snacks** Give your child healthy snacks, such as fruits, raisins, string cheese (cheese sticks), whole wheat crackers, rice cakes and graham crackers.
  - Avoid foods with lots of sugar, such as desserts, sweetened cereals and candy. Candy and sticky, sweet foods can cause tooth decay.

### Drinks

- Give your child low fat or skim milk.

### SLEEP

- Have a regular bedtime and routine for your child.
- Have your child read for awhile before he goes to sleep.

### HEALTHY HABITS

You can help keep your child and your family healthy when you:

- Wash your hands often during the day. Teach your child and other family members to wash their hands often, too. Use warm water and soap, and scrub for 20 seconds.
- Have him bathe regularly and brush his teeth with fluoride toothpaste each morning and at bedtime.
- Take your child to the dentist for regular check-ups.
- Make sure your child gets needed vaccines to help prevent disease.

Your child learns through play. Limit screen time to 1 or 2 hours a day. Some examples of screen time are:

- TV
  - Computers
  - Videogames
  - Tablet devices
  - Smart phones
- Avoid giving fruit punch and 100% fruit juice to your child. It often has extra sugar he does not need. Try giving him pieces of whole fruit instead. If you do give him juice, only give your child 4 to 6 ounces a day. Dilute it so it is 1/2 water and 1/2 juice.
  - Also avoid giving soda, sports drinks, energy drinks and sweet tea to your child. Give water or diluted juice instead.
  - Whether inside or outside, give your child the chance to be active every day. Active play is good for all children. Your child should have 1 hour or more of physical activity daily.

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For more information and tips on living a healthy lifestyle, you may go to [www.strong4life.com](http://www.strong4life.com).

## **FOR YOUR CHILD'S NEXT VISIT**

- You and your child's doctor can talk about how things are going with your child.
- Your child will have a physical examination (check-up) that may include getting vaccines. You will have a chance to ask questions.
- You may want to talk about your child's:
  - Eating and sleeping
  - Safety
  - Development
  - Behavior, time-out and discipline
  - School, friends and social skills

## **THINGS FOR YOU TO DO**

- Keep a record of when your child is ill or hurt. Share this record with your child's doctors.
- Make a list of questions to talk about with your child's doctor at the next visit.
- Bring your child's shot (vaccine) record to your next visit.

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