



8 - 10 YEAR VISIT

NUTRITION

- Include your child in choosing and preparing meals to help teach good food habits. Include all four food groups and at least 5 servings of fruits and vegetables.
- Start every day with breakfast.
- Limit the intake of fast foods, soft drinks, juice, candy and high-fat foods. Avoid eating while watching television.
- Your child should have 800 mg. of calcium per day (the equivalent of 3 to 4 glasses of milk).

SAFETY

- Accidents are the number one cause of deaths in children. Kids like to take risks and are not prepared to judge the degree of risk, so supervision is still required.
- Have a home fire escape plan and meeting place. Check your smoke detector battery twice a year (e.g., at the beginning and end of daylight savings time).
- Install a carbon monoxide detector in a hall near every sleeping area.
- Make sure your child is still in a booster seat in the back seat of the car until child is 57" tall and the lap belt can be worn low and flat on upper thighs; the shoulder belt worn across the shoulder and the knees bent while sitting against the seat back.
- Supervise children crossing the street. Make sure your child knows address, phone number and parents' place of work.
- Make sure your child and all family members wear a helmet and protective equipment for bike riding, rollerblading, skating, skateboarding, scooter-riding, and skiing.
- Make sure your child learns to swim, but supervise around pools/ water.
- Don't allow your child to play on trampolines.
- Keep your house and car smoke free.
- Teach your child never to go anywhere with a stranger.
- If you have guns in your house, make sure they are locked and out of reach.
- Aspirin should not be given to children (under 21 year of age) due to its association with Reye's Syndrome.

HEALTHY HABITS

- Children this age need about 10 to 12 hours of sleep per night with adequate time for rest and relaxation. Establish a regular bedtime between 8 and 9 p.m. Keep TV's, computers, and mobile devices out of the bedroom.
- Get an hour of physical activity every day.
- Brush teeth twice a day regularly after meals and floss once a day. We recommend seeing a pediatric dentist every 6 months.

- Make sure immunizations are up to date.
- Educate and remind your child about the importance of using sunscreen and insect repellent ("bug spray") when outdoors. Use a SPF 30 sunscreen 30 minutes before sun exposure. Reapply after swimming or every 1 ½ hours. Protective clothing, hats and sunglasses should be used in addition when outside.
- It is ok to use an insect repellent with up to 30% DEET, but use sparingly and wash off once you come inside.
- Do NOT use combination sunscreen/bug spray, as sunscreen must be applied more often than is safe to use bug spray.
- Reading together is still important. Include reading in bedtime routine.
- Parents should place consistent limits on the time spent using media (TV, DVDs, computer/mobile applications) and make sure that it does not interfere with sleep, physical activity, homework, social and family relationships etc. Media-free times (during dinner, bedtime) and media-free locations (bedrooms, dinner table) should be established. Parents should set guidelines for age appropriate media content and discuss online respect, privacy and safety with their children. Violent programming should be avoided.

FEELINGS & BEHAVIOR

- Use more encouraging than discouraging words when speaking with your child. Kids have a strong need to feel like they are valued in the family and with their friends.
- The ingredients to build a strong conscience include a warm and caring family, a strict code of conduct, and consistent and firm enforcement of the rules. Model how you wish your child to behave.
- Spend individual time with each child.
- Give your child his or her own space.
- Begin discussing sexuality by asking your child if they have any questions. Don't impose information, but let your child know that you are willing to talk.
- Talk about your child's feelings and what worries your child. Talking is a good way to handle anger, disappointment, worry and feeling sad.
- Everyone gets angry. Stay calm. Listen and talk it through. Try to understand the other's point of view. Teach your child to do the same. Let your child know it is OK to have up-and-down moods, but if he/she feels sad most of the time, let someone he/she trusts know.
- If you have any concerns about your child's mental health talk to us.

SCHOOL & FRIENDS

- Help your child have a well-organized day.

- Encourage schoolwork and friendships. Praise your child when he/she is on time or gets work done on schedule.
- Allow a child to compete and set personal best records, but don't allow competition to get out of hand.
- Attend back-to-school night, parent-teacher events, and as many other school events as possible. Talk to your child's teacher if you think your child might need extra help or tutoring.
- Finding compatible friends is very important. Children at this age are imaginative and get along well with friends their own age.
- Know your child's friends and their families. Let your child know they shouldn't stay friends with kids who ask them to do scary things.
- Children have an increasing interest in team/group activities. Encourage your child to join clubs and teams they like.

TIPS FOR PARENTS

- Provide lots of adult approval. Take time to listen, talk, explain, and reassure. Praise good work and behavior.
- Provide opportunities for music, activities, and toys to develop basic motor and muscular skills.
- Provide beginning economic independence through giving an allowance and opportunities to earn money.
- Give your child a part in planning and carrying out family activities.
- Help your child do things for himself/herself and develop habits of tidiness.
- Encourage areas of interest (crafts, collections, pets).
- Be aware of puberty and body changes in your child. Answer your child's questions simply.

Your child should have a routine well-care visit every year.

APA Website: www.advancedpediatricassociates.com | APA Patient Care Line: 303-699-6200