

6-11 Year Old Visit



NUTRITION

In effort to battle our nation's epidemic proportions of obesity in children, we want to encourage healthy eating for your child. We recommend the **5-3-2-1-0 eating plan** for your child. Your child should consume 5 servings of vegetables and fruits daily (3 vegetable and 2 fruits), 3 servings of dairy daily, have less than or equal to 2 hours of sedentary activity daily (except for sedentary activity related to reading/studies), have at least one hour of exercise daily and consume "zero" sweetened beverages. High-fat and low-nutrient foods and beverages such as candy, chips, and soft drinks should be limited. Remember to be good role models and allow your child to see his/ her parents eating nutritious food as well.

Calcium requirements are **1000mg daily** (3 cups milk or dairy) from 4-8 years old. They increase to 1300mg/day (4 cups) at 9 years old. These are important for bone growth and density. A multivitamin is likely needed to meet the Vitamin D requirement of 600 IU/day, as it is not added to dairy products except milk (about 100 IU/cup). Calcium and vitamin D supplements are widely available (tablets, gummies, Viactiv® chews, etc)

SAFETY

- Ensure that guns are locked up and ammunition is stored separately. Use a trigger lock.
- Enforce water safety, sunscreen use and helmet use with bikes, skateboards and scooters.
- Your child should use a booster seat making sure the vehicle lap and shoulder belt fits properly. They need a booster seat until they have reached 4'9" in height (between 8 and 12 years old). Children should ride in the back seat until 13 years of age.
- Keep internet access in a visible area and install parental controls on your computer. The risks and dangers of alcohol, drug and tobacco use should be reinforced.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

EXERCISE

- The American Academy of Pediatrics recommends at least 60 minutes per day of exercise. Benefits include weight control, cholesterol and sugar control, heart strengthening and good emotional health.
- Limit TV/computer/video games to 1-2 hours/ day.

IMMUNIZATIONS

Possible vaccines for today are below. Any tenderness, aches or fever can be treated with acetaminophen or ibuprofen. All are important to the health and safety of your child and are recommended by our practice, the AAP and the CDC. Please refer to our website to access the most up to date Vaccine Information Sheets from the CDC.

Tdap Meningococcal HPV Influenza/Flu

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

BMI: _____ %

Vision: Passed Referred

Hearing: Passed Referred

TEETH

The emergence of secondary teeth makes good hygiene imperative. Your dentist will discuss sealants and orthodontic needs.

SCHOOL / DEVELOPMENT

During these years, important reading and math skills will be established. Establish an afterschool routine with a specific time and place to do homework. Encourage your child to do the work on his/her own, being readily available to help when needed. Keep lines of communication open with his/her teacher so that any areas of struggling are quickly identified and addressed.

Speech should be clear with mastery of all letters and blends. You will see a transition from imaginary to concrete thinking towards the latter years of elementary school.

As your child nears pre-adolescence, questions about puberty and reproduction may arise. They will learn about this somewhat at school and through peers, but, as their parents, it is your responsibility to help them get the facts right and instill your values in them. Signs of puberty can occur as early as 8 years old in girls and 9 years old in boys. Hygiene becomes an important issue with regards to face care and the use of deodorant.

CHOLESTEROL SCREENING

In accordance with recommendations from the American Academy of Pediatrics and the American Heart Association we will be screening you child's cholesterol at 10 and 15 years old. While healthy eating and weight control are important in our heart health, genetics play a key role in our body's metabolism of cholesterol. Screening catches those at risk for heart disease, even when it is not suspected.

Next visit in one year