

Pediatric Associates
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9-10 YR WELL CHILD VISIT

DATE _____ WT _____ HT _____

DIET/ACTIVITY

- encourage proper nutrition
- eat meals as a family and not in front of TV
- don't skip meals and take in enough Calcium
- 60 minutes of exercise/day

SCHOOL READINESS

- establish good routines for before and after school for homework and getting ready
- limit numbers of after school activities to avoid stress
- discuss choosing good friends and dealing with bullies
- address bullying if needed
- discuss communicating with teachers and expectations for education

ORAL HEALTH

- regular dental visits twice yearly
- proper flossing and brushing
- mouth guard during sports

MENTAL HEALTH

- anger management
- incorporate enough family time into weekly schedules
- praise strengths
- encourage independence and responsibility
- be a positive role model

GUIDANCE

- provide support, attention and enthusiasm for child's abilities and achievements
- set up award system for simple chores/good behavior
- logical consequences/restriction of privileges effective at this age
- limit TV, video games, computer games to 2 hours/ day total
- NO TV IN THE KID'S ROOM

SAFETY

- bike helmets mandatory; NO NEGOCIATION no helmet = no bike riding (also for other activities)
- swimming lessons
- teach animal, water, stranger, gun, sun, ATV, fire safety
- booster seats until 60# and child sit in back seat against back of seat with their feet on the floor
- avoid tobacco, alcohol and drugs
- know child's friends
- home emergency plan
- monitor computer location and time of use