

Well Child Visit: 7-10 Years

General Pediatrics Department, Naval Medical Center Portsmouth

After Hours Pediatric Advice Line 628-8805 Poison Control 1-800-222-1222

Appointments or Referrals 1-866-MIL-HLTH How do I call my doctor? 953-7716

Date: _____ Your Child saw Dr. _____ today
Weight: _____ kg (_____ %) _____ pounds Blood Pressure: _____
Length: _____ cm (_____ %) _____ inches BMI: _____ (_____ %)

Caring for your growing child:

Personal Hygiene and Self Care: Your child is attending school and should be able to attend to his or her personal hygiene.

- Your child should be instructed to brush his or her teeth twice each day, to shower or bathe daily, to change his or her underclothes daily, and to wear clean dry socks.
- Remind your child to wash his or her hands after using the bathroom.
- Some children this age develop body odor and benefit from using deodorant daily.

Dental Care: Your child will visit the dentist once or twice a year for a check up and cleaning.

- Your child should use a toothpaste containing fluoride.
- To prevent cavities avoid frequent snacks and sugary drinks, like juice and soda.
- If your child takes liquid medications, be sure your child brushes his or her teeth after giving the medication.

Healthy Eating: Offer three meals daily and healthy snacks in between if needed.

- A healthy breakfast is essential for a productive school day.
- Eat dinner as a family at the table as often as possible and encourage your child to help in meal preparation.
- Encourage conversation and good table manners. Do not watch television during meal times.
- Limit junk food, candy, prepackaged snacks and provide low fat dairy products and non-fat milk.

Physical Activity: Encourage play that involves physical activity, as opposed to sedentary video games. Set a good example and engage in physical activity with your children.

- Enroll your child in an organized sport or individual sport.
- Encourage your child to try new sports and activities, as opposed to becoming heavily involved in just one activity. This will help your child to be well-rounded and will decrease his or her risk of over-use injuries.

Sleep: Ensure that your child gets adequate sleep. Set a routine for bedtime and be consistent with the routine. Children this age need at least 10-11 hours of sleep each night.

- Poor or inadequate sleep can lead to mood swings, behavior problems like hyperactivity, and decrease in ability to learn in school.
- Make your child's room conducive for sleep- dark, cool and quiet. Keep TVs, computers and video games out of the bedroom.

Discipline: Be firm and consistent. Praise your child for good behavior and accomplishments. Provide chances throughout the day for your child to demonstrate good behavior.

- Avoid violence when you discipline your child.
- Demonstrate strategies for dealing with anger or disappointment constructively.

Sexuality Education: Answer your child honestly when he or she asks about sexual development, body changes, or sexual behavior. Encourage your child to look to you for a truthful and honest answer.

- Use age appropriate books to help guide your discussion about growth and sexual maturation- your child's doctor may be able to provide a recommendation.
- Some television programs and music lyrics are sexually suggestive or contain content with sexual behavior. Use that content as a starting point for a discussion about relationships and appropriate sexual behavior as you are comfortable.

School Concerns: Get to know your child's teacher and the teacher's expectations for your child.

- Encourage your child to write down his or her daily homework.
- Provide a quiet place for your child to complete his or her homework with a minimal number of distractions.
- Address school concerns with your child's teacher and/or doctor as concerns arise.

Television and media: Limit your child's use of TV, movies, and computer games to 1-2 hours a day.

- Do not put a TV, DVD player, or gaming system in your child's bedroom.
- When your child does watch television, watch the program with them, and talk about what he or she is watching.
- If your child is active on a social media site, like Penguin Kids or Facebook, be sure that you are able to check their web site. Both Facebook and MySpace require users to be at least 13 years of age to register for the site.
- Review with your child what he or she may post on social media web sites, and what to do if something is on the site that is inappropriate or if something on the site makes him or her uncomfortable.
- If your child has e-mail access, be sure that you have access to the account. It is your right and responsibility as a parent to know what your child is sending and receiving over the internet.

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Cell phones: If your child has a cell phone, limit who he or she may call or receive calls from.

- At this age, text messaging and using the phone to take pictures are not needed.
- Limit cell phone use to emergencies.
- Set a good example: Do not talk or text while driving, during meals or other structured family activities. Discuss cell phone etiquette.

Bullying: Assess your child for either being a victim or a perpetrator of bullying.

- Remind your child that if he or she sees anyone being bullied, he or she should tell a parent or teacher.
- Victims of bullying may display a desire to avoid school, increased aggression or depression. Talk to your doctor or school psychologist if you have concerns about bullying.

Chores: School aged children should have daily chores that contribute to the functioning of the household.

- Younger children can set and clear the tables at meals, sort clothes for laundry, make their bed daily and keep their own rooms neat.
- Older children can be taught to fold clothes, help prepare simple foods at mealtime, and can wash and dry dishes.

Supervision of kids: As a parent it is your right and responsibility to know where your child is and what activities he or she is involved in.

- Know who he or she is with, and what activities are planned.
- Get to know your children's friends and their parents.
- Let your child know that it is okay to call home if he or she does not feel comfortable with the person in charge while at a friend's home.

Alcohol, drug, and inhalant and prescription medication education: Alcohol and drug use can start at an early age. Ensure that alcohol, over the counter medications and prescription medications are kept in a safe place away from unsupervised children.

- Do not glamorize alcohol or drug use. Avoid television programs that glamorize their use as well. Set a good example by not drinking excessively.

Smoking: Your child is watching you and learning from your behaviors. Set a good example and do not smoke. For your child's health, if you smoke, consider quitting.

Safety:

1. **Bikes, skateboards, and scooters:** Falls cause many injuries in children. Your child should always wear a helmet when riding a scooter or bike, and when using skates or a skateboard.
2. **Car Safety:** Your child should continue to ride in the back seat and he or she should always wear a seat belt, even for a short trip. Be a good example and always wear your seat belt in the car.
3. **Sun exposure:** Use sunscreen on sun exposed areas, avoiding the hands. Reapply sunscreen if you are in the sun for more than an hour or two.
4. **Drowning:** This is a good age to enroll your child in swimming lessons. Learning to swim, however, will not make your child "drown proof." Learn CPR.

Illness concerns:

- **Fever:** Fever is a common reason for bringing children to the ER or clinic. Both viral and bacterial infections can cause a high fever. The temperature of a child with a fever is less concerning than how the child is behaving overall. If a fever lasts for more than 48-72 hours, but your child is still well appearing, call the clinic for further guidance. If your child has a fever, keep him or her out of school until the fever resolves.
- **Use of the emergency room(ER):** Your child should be brought to the ER if he or she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, is working hard to breathe, is breathing quickly (more than 40 times per minute), is dehydrated, or for other parental concerns.

Immunizations

Your child's immunization schedule will be reviewed at this visit, and any vaccines your child may be missing will be given. The Influenza vaccine is recommended for all children over six months of age during Flu season.

Next Visit

Bring your child yearly for a routine exam. Always bring your child's immunization card to the clinic. Bring in any school or sports forms that need to be completed as well. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in. If your child has had a WELL VISIT/SPORTS PHYSICAL in the past year, and needs daycare, camp, or sports physical forms completed- please drop them by the desk at the clinic. Your child does not need an appointment to have these forms completed- IF THEY HAVE HAD A WELL VISIT/SPORTS PHYSICAL WITHIN THE PAST YEAR.