

# Well Child Care at 10 Years

## HEALTH ISSUES

- Offer healthy snack and meal choices, limiting sugars. Encourage fruits and vegetables.
- Encourage 3 meals daily, including a well-balanced breakfast.
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Make an appointment with your dentist for a routine exam and continue routine cleanings every 6 months.
- Continue to have your child brush his or her teeth daily with toothpaste. You may need to assist them to ensure proper cleaning.
- Ensure adequate amounts of sleep and physical activity.
- Encourage importance of good personal hygiene.
- Counsel on avoiding tobacco, alcohol and drugs.

## SAFETY ISSUES

- Use a seat belt whenever in a moving car or van.
- Always have your child in the back seat as it is the safest place to be if in an accident.
- Never put a child under 12 years of age in the front seat of a car with a passenger side airbag.
- Install and test your smoke detector in or near your child's room.
- Childproof your home (poisons, medicines, guns).
- Make sure any playground environment is safe.
- Demand use of bike helmet; mouthguards and protective sporting gear when necessary.
- Supervise most activities.
- Keep matches out of reach and instruct on fire safety.
- Do not keep a firearm in your home. If you must, make sure it is locked and out of reach.
- Provide a safe after-school environment.
- Make sure your child knows how to swim and follow water safety rules.

### Fever > 101°

#### **Acetaminophen**

15 mg/kg every 6 hours  
as needed

*or*

#### **Ibuprofen** (not Aspirin)

10 mg/kg every 6 hours  
as needed

### Congestion

Saline nose drops, suction with bulb syringe

### Important Numbers

#### **Poison Control**

1-800-222-1222

### Call us if your child...

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

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## YOUR BABY SHOULD...

- Have specific interests or hobbies.
- Show pride in his or her achievements.
- Be making steady progress in school.
- Know how to swim.

## YOU SHOULD...

- Talk regularly with your child.
- Listen to music together with your child. Monitor the types of music your child listens to.
- Play board games and card games with your child.
- Limit TV to certain programs and to maximum of 1 hour per day. Practice selective TV viewing (not channel surfing). Limit video games to the same time limit.
- Encourage your child to read books.
- Encourage participation in sports, hobbies, learning a musical instrument and other interests or talents.
- Be consistent with rules. Reinforce limits and provide consequences. You decide how strict or liberal to be, just make sure you are consistent.
- Set reasonable but challenging goals for your child.
- Respect your child's autonomy, privacy.
- Offer choices to your child at every opportunity to allow decision making.
- Eat meals as a family.
- Establish and maintain family rituals/traditions.
- Try to allow expression of feelings (anger, joy, sadness, fear). Offer ways to resolve conflicts and handle anger.
- Prepare your child for puberty and sexual development. Discuss body changes with boys and girls, menstruation with girls. Expect sexual curiosity. Answer questions appropriately.
- Encourage your child to have positive interactions with teachers and other adults.
- Prepare for school, meet with teachers. Get involved with your child's school and organized activities.
- Assign chores and offer rewards (point scoring system, allowance).
- Get to know your child's friends and their families. Encourage interactions with good peer groups.