

CMA 6-10 Year Well Child Visit

Development

During this year your child:

- Slows in physical growth, but increases in size, strength, and coordination
- Demonstrates ability to manage daily routine, make friends, accept and return affection of primary care givers
- Values friendship and teamwork more
- Prefers same sex peers at 6-7 years, has “best friend”
- Shows curiosity/interest in other sex at 8-9 years old
- Enjoys school, learning facts
- Is guided by rules of family and peers and understands consequences of behaviors
- May start sexually developing, in girls as early as 8 years, in boys at 9 years
- Boys growth spurt begins 10.5-13.5 years

Safety

- Accidents are chief cause of death at this age
- Use booster seat until 57” tall and 8 years old or older: after, use seatbelts at all times. It is advised to sit in back seat only until 13 years old.
- Use protective equipment when playing sports
- Ensure smoke detectors working; practice fire escape plan
- If firearms in the home, keep unloaded and locked out of sight with ammunition secured in separate location inaccessible to children. Assess safety of friends’ homes if having play dates.
- Avoid smoke in environment
- Be sure child knows emergency phone numbers and safety rules for the home. Lock up poisons, matches, and electrical tools
- Use sunscreen SPF 15 or higher when going outside for extended periods
- Use helmets when riding a bike, scooter, skateboards, rollerblades
- Teach child to swim; supervise water activity
- Teach about stranger safety; never let stranger in the house, never get into stranger’s car, appropriate touching
- Resolve conflict without violence
- Teach respect for unknown animals-do not run to or from, tease, or frighten animals
- Be sure child is supervised before and after school in a safe environment

School/Peer/Family Issues

- Encourage dialogue about school, friends, feelings
- Promote positive communications with teachers
- Become involved with school
- May be influenced by friends to try smoking, drugs, alcohol—have open discussions; know and meet friends
- Praise personal successes
- Limit & monitor “Screen” time to less than 2 hours a day. Check TV ratings/manage access and content of digital devices
- Balance screen time with ability to engage with others face to face
- Avoid electronics in bedroom; turn off screens 1 hour before bedtime
- Develop/review family media plan
- Discuss on-line citizenship & safety
- Discuss family expectations
- Spend quality time with child

Nutrition/Activity/Sleep

- Encourage 5 servings of fruits/vegetables per day
- Discourage juice; Limit 4-6 oz a day max for 6 yr olds & 8 oz a day max for 7 yr olds and older
- Avoid high fat foods, candy, chips, soda
- Do not use food as reward or punishment
- Maintain family meals as much as possible
- Encourage 2-3 servings dairy/calcium daily
- Encourage at least 30-60 minutes of physical activity 3-5 times a week
- Recommend 9-12 hours of sleep per day

Hygiene

- Brush teeth at least twice a day; floss
- Dental check ups every 6 months
- Discuss sexuality/prepare for puberty in age appropriate manner
- **Maintain good hand washing practices**

Next Well Child Visit in 1 year

*See CMA links page for more helpful health information: www.cmanva.com