



## Watching you grow!

Name: \_\_\_\_\_

Date: \_\_\_\_\_ BMI: \_\_\_\_\_

Height: \_\_\_\_\_ % \_\_\_\_\_

Weight: \_\_\_\_\_ % \_\_\_\_\_

Blood pressure: \_\_\_\_\_

## Well-child exam: 7-10 years

### Nutrition

- Your child should have three meals and two nutritious snacks each day.
- Serve a variety of healthy foods, including fruits, vegetables, breads, cereals and other grain products, low-fat dairy products, lean meats, and foods prepared with little or no fat.
- Allow your child to choose and prepare the family meals with supervision.
- Avoid fast foods and drinks high in fat, salt and sugar. Teach your child to choose nutritious snacks.
- Limit juice intake to 8-12 ounces a day.
- Share meals as a family on a regular basis. Make meal times pleasant and encourage conversation.
- Teach your child how to eat a nutritious lunch through the school lunch program or by packing a balanced lunch.
- Your child should brush twice a day with a soft toothbrush and a pea-sized amount of fluoride toothpaste. Floss daily.
- Your child should visit the dentist every six months. As your child's permanent molars erupt, the dentist should evaluate them for application of dental sealants. Learn from your child's dentist how to handle the loss or fracture of a tooth.

### Growth and development

Your 7-10 year old may:

- Have more control over small muscles and be able to write and draw with more skill;
- Lack concern about personal appearance;
- Seem to possess boundless energy;
- Be easily embarrassed;
- Be argumentative and bossy;
- Like to belong to informal "clubs" formed by children as well as structured adult-led groups;
- Enjoy secrets;
- Become discouraged easily;
- Be keenly interested in projects and collections;
- Enjoy playing games and may understand rules and the concept of winning and losing; and
- Be proud of completing tasks.

### Positive parenting

- Praise good behavior.
- Spend time with your child every day.
- Show affection and pride in each child's strengths.
- Read together every day.
- Limit your child's total screen time (TV, computer and video games) to less than two hours a day and monitor what he watches.
- Expect your child to follow family rules, such as those for bedtime, television viewing and chores. Set limits and establish consequences for unacceptable behavior.
- Attempt to resolve sibling conflicts without taking sides.
- Encourage your child to talk to you about school, friends or feelings.
- Help your child develop an ability to deal constructively with conflict and anger in the family, at school and in the neighborhood.
- It is appropriate to discuss sexuality with your child. Use correct terms for all body parts, including genitalia. As your daughter gets closer to age 9 or 10, prepare her for menstruation.
- Be involved in your child's school, perhaps as a volunteer.
- Encourage your child to express his feelings. Listen and show respect for your child. Answer his questions.
- Assign age-appropriate chores.
- Serve as a positive ethical and behavioral role model.

*CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.*

*This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.*

## Sleeping

- Most children at this age should sleep 9-12 hours per night.
- Your child's suggested bedtime should be between 8 and 9 p.m.
- Televisions or computers should **not** be used before bedtime. Televisions should **not** be in the bedroom or used to fall asleep.

## Safety

- Children should wear appropriate helmets and protective gear while bicycling, skating, horseback riding and rollerblading.
- Children should learn to swim; however, learning to swim does not replace constant supervision around water.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every three hours or according to manufacturer instructions. Children should wear protective clothing, hats and sunscreen when going outdoors.
- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing to protect your child. (Avoid eyes.)
- Adults and children should be appropriately restrained in a vehicle. If your child is 8 years or younger and less than 4'9", he needs to be in a booster seat in the back seat. All children less than 4'9" and less than 80 pounds (regardless of age) should use a booster seat. State law requires children under age 12 to ride in the back seat.
- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every 6 months. Practice a fire escape plan.
- If there are guns in the home, make sure the guns have a trigger lock and that the ammunition is stored separately from the guns.

### Teach your child:

- How to cross the street safely;
- To only take medicines with supervision;
- To **never** eat unknown pills or substances;
- **Not** to talk to, go with or get in cars with strangers;
- To **not** allow anyone to touch him in ways he does not like and that it is OK for him to tell you anything; and
- When and how to call 911.

## Pediatrician-approved Web sites:

[www.aap.org](http://www.aap.org)  
[www.cdc.gov](http://www.cdc.gov)  
[www.centracare.com](http://www.centracare.com)  
[www.chop.edu](http://www.chop.edu)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.mdh.org](http://www.mdh.org)  
[www.parenting.umn.edu](http://www.parenting.umn.edu)



## Community resources:

### United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

### Stars Network

This children's mental health information and crisis hotline is available 24 hours a day, 7 days a week. Call (800) 635-8008 or (320) 253-5555 or visit [www.starsnetwork.org](http://www.starsnetwork.org).

### Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.



## Our Mission

*We are dedicated to providing  
excellent service with the  
highest quality of care  
to those we serve.*

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