

Welcome to Washington Pediatric Associates, PC

www.washingtonpediatric.com

TEN YEARS

Date of Visit: _____

Weight: _____

Height: _____

NORMAL DEVELOPMENT: At this age your child may have the following characteristics:

PHYSICAL:

- May begin to show body changes of puberty—physical growth and development varies enormously among this age group.
- Is fascinated with how the body works and develops.
- Continues to like bathroom humor.

EMOTIONAL:

- Fluctuates between dependent child and independent pre-teen.
- Becomes increasingly self-conscious.

SOCIAL:

- Seeks approval for being “good” from significant people.
- Becomes preoccupied with the opposite sex.
- Relates to peer group intensely and abides by group decisions.
- Succumbs to peer pressure more readily and may “follow the crowd.”
- Does not want to be “different.”
- Continues to participate in small groups of the same sex.
- Confides constantly in a best friend.
- Can be fickle.

MENTAL:

- Is eager to learn and master new skills.
- Is proud of doing things well.
- Is concerned about personal capabilities.
- Has internalized standards of right and wrong to some degree.

DIET:

- Eat three meals per day. Breakfast is especially important.
- Eat meals with your family on a regular basis. Make mealtimes pleasant and companionable.
- Choose a diet of fruits, vegetables, breads, cereals, and other grain products. Include dairy products, lean meats, and foods rich in calcium and iron.

ORAL HYGIENE:

- Make sure your child brushes his/her teeth twice daily with a pea-sized amount of

fluoridated toothpaste and flosses. Schedule a dental appointment for your child every six months.

SAFETY:

- Make sure your child is properly restrained in the car. He/she may be tall enough to use the lap/shoulder belts provided in the car without a booster seat. The lap belt should fit snugly at the hip, and the shoulder belt should not cross the neck.
- Install smoke alarms on every floor and change batteries twice a year.
- Make sure your child wears a helmet every time he/she rides a bike. No bicycle riding after dark.
- Show your child how to respond to clothes catching on fire: “Stop-Drop-Roll.”
- Teach your child how to swim. Supervise all swimming and water play. Insist on life jacket use when in a boat or near the water.
- Unfortunately, we are seeing more and more children accidentally shot in homes where guns are kept. All guns should be unloaded and put in a locked cabinet. Better yet, keep no guns in the house!
- Emphasize street safety. Your child should not cross the streets alone until about 9 years of age, and then only familiar, low trafficked neighborhood streets. The age at which he/she can begin crossing streets alone depends on his/her maturity and the nature of the street. Street crossing is tricky for kids and is the cause of many injuries and deaths from 7-13 years of age!
- Do not allow your child to operate power lawn mowers or motorized farm equipment.
- Teach safety rules for interacting with strangers.
- Your child may need protective sports gear—Ask the coach.

PARENTING:

- Even though your child may read well, continue to read to your child every night.
- Limit the amount and monitor the quality of television.
- Provide a quiet, well-lit place for homework. Be available for supervision.
- Show an interest in your child’s school activities and homework. Students whose parents are “involved” do better in school and have fewer discipline problems.
- You may want to start involving your child in an outside group activity like a soccer team, dance class, Girl Scouts, church group, etc.
- Get to know your child’s friends and their parents.
- Provide supervision for your child after school. This is the best protection against future problems.
- Spend some individual time with each child.
- Continue to set limits and establish consequences for unacceptable behavior.
- Continue to help your child learn how to get along with peers.
- Talk to your child about avoiding the use of alcohol, drugs, and tobacco.