

8 to 10 Year Checkup

Date: _____

Weight: _____

Height: _____

BMI %: _____



“When I pick my daughter up from school, we talk about how each other’s days went and what we did. This helps me keep the lines of communication open with her and most of all it shows her that I care.”

—Kaiser Permanente member

Eating

- Make meals a family time. Talk with your family with the TV off and no phones or electronics.
- Give three nutritious meals and two snacks daily. Offer your child a variety of healthy foods.
- Serve your child a balanced breakfast or make sure the school provides one.
- Serve a variety of fruits and vegetables. They should cover half of your child’s plate.
- Let your child decide how much to eat.
- Offer nonfat or low-fat dairy products (milk, yogurt, cheese). Aim for 4 cups each day. Your pediatrician may recommend additional calcium and vitamin D supplements.
- Juice is not as good for your child as whole fruits. If you do serve juice, limit it to no more than 4 - 6 ounces each day. Make sure the label says “100% whole fruit juice.”
- Cut down on soda, chips, fast food, and sweets as they tend to be high in fat and calories.
- Let your child help you plan and prepare meals.

Healthy habits

- Encourage your child to be active every day (60 mins./day). Take family walks and play active games together.
- Don’t smoke! Smoking around your child increases the risk for ear infections, asthma, colds, bronchitis, and pneumonia.
- Be sure your child brushes his or her teeth twice a day and flosses daily. Visit the dentist twice a year.
- Limit screen time (TV, computers, and video games) to 1 to 2 hours a day.
- Teach your child to wash his or her hands after using the bathroom and before eating.

- Help your child avoid the sun, especially between 10 am and 4 pm. Use a broad spectrum (UVA and UVB protection) sunscreen with an SPF of at least 15. Cover up with a broad brimmed hat, long sleeves and pants, and sunglasses with UV protection.

Safety

- **Booster seat.** Keep your child in a booster seat in the back seat until he or she is at least 4 feet 9 inches tall and a seat belt fits properly.
 - o For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face.
 - o Do not allow your child to sit in the front seat of a vehicle with a passenger air bag.
 - o Many older children will complain about having to use their booster seat. Explain that the seat keeps them safe and that as soon as they are big enough, they can switch to a seatbelt.
- **Traffic safety.** Drivers can’t see small children. Teach your child to stop at the curb, look both ways, and then walk across the street. Always use crosswalks.
- **Prevent drowning.** Knowing how to swim does not make your child “drown-proof.” Watch your child when playing near water. Teach your child to always enter water feet first.
- **Gun safety.** Unload and lock-up all guns.
- **Fire safety.** Install and check smoke detectors and carbon monoxide detectors. Have an escape plan in case of fire or earthquake and practice it with your family.
- **Prevent injuries.** Make sure your child wears a helmet that fits properly for all

bike riding. Add wrist guards, pads, and gloves for skateboarding, rollerblading, and scooter riding.

- **Animal safety.** Teach your child to never approach or try to touch any unfamiliar animal, wildlife, or bird. Advise them to tell an adult if they are scratched or bitten by any dog, cat, or other animal and it breaks the skin (even if it's your own pet).

Parenting

- Get your child a library card. Visit the library often.
- Show interest in your child's schoolwork.
- Give reasonable chores and responsibilities.
- Talk to your child about avoiding the use of alcohol, tobacco, drugs, and inhalants (sniffing chemicals).

Puberty: When body changes usually occur

Puberty (sexual development) can begin as early as 7^{1/2} years old for girls and 9 years old for boys. You may want to discuss puberty with your child.

Girls

- Breast development: 7^{1/2} - 13 years old
- Pubic hair: 7^{1/2} - 14 years old
- Growth spurt: 9^{1/2} - 14^{1/2} years old
- First period: 10 - 16^{1/2} years old

Boys

- Pubic hair: 9 - 18 years old
- Testicle and penis growth: 9 - 18 years old
- Growth spurt: 10 - 17^{1/2} years old
- Onset of facial hair: 13 - 18 years old

Prevent violence

Did you know that 90 percent of all accidental shootings involving children are linked to an easy-to-find, loaded handgun in the home? Every two hours, someone's child is killed with a

loaded gun. In fact, more children are killed by guns than die in car crashes.

A gun in the home ...

- triples the risk of someone being killed in your home
- increases the risk of suicide by five times
- is 43 times more likely to be used to kill a family member or friend than a criminal intruder

The safest thing is not to have a gun in your home, especially not a handgun. If you do keep a gun, unload it and lock it up! Lock and store bullets in a separate place. A trigger lock is an additional, important precaution.

Speak with the parents of your children's friends to find out if they keep a gun at home. If they do, urge them to empty it out and lock it up.

If your child is being bullied ...

- Listen to your child's concerns. Give praise for facing up to his or her fears.
- Teach your child not to react or give in to the bully, but to stay calm and walk away. If this does not work, tell your child to say, "Stop doing that or I will report you to the principal."
- Teach your child to talk things out. "I will talk to you, but I won't fight."
- Encourage your child to spend time with friends.

If your child is a bully ...

- Take the problem seriously. Tell your child that you are disappointed with the behavior and will not tolerate behavior that hurts other people. Explore what may be causing the behavior.
- Take away privileges (no playing with friends, TV, video games) if

you learn that your child was a bully to someone.

- Explain to your child what it feels like to be bullied.
- Teach your child to talk out his or her differences instead of fighting.
- Give praise or rewards for good behavior.

Other resources

Websites

Kaiser Permanente
kp.org

Talking with Kids about Tough Issues
talkingwithkids.org

National Highway Traffic Safety Administration
nhtsa.gov

US Department of Health & Human Services
stopbullying.gov

American Academy of Pediatrics
healthychildren.org

Bright Futures
brightfutures.org

Books

Caring for Your School Age Child – Schor

Your Child's Health – Schmitt

Kid Cooperation: How to Stop Yelling, Nagging and Pleading and Get Kids to Cooperate – Pantley, et al.

Facing the Schoolyard Bully – Zarcour

Contact your local Health Education Department or Center.

Please share

this handout with anyone who takes care of your child.



The next check up is when your child is 10 - 12 years old.



Your child may get immunizations (shots) at the next visit.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.