

The Carithers Pediatric Group

6-11 years

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Name: _____ Date: _____ Weight: _____ Height: _____

Diet

Children at this age should be served 3 regular meals and 2 nutritious snacks per day. High-fat and low-nutrient foods and beverages such as candy, chips, and soft drinks should be limited. Remember to be good role models and allow your child to see his/her parents eating nutritious food as well.

As your child approaches puberty, he/she will enter an important growth spurt, and daily calcium will be important for bone growth and to prevent future osteoporosis. Encourage milk, cheese, yogurt, calcium-fortified orange juice, etc. If your child does not have at least 3 servings daily of these, consider adding a calcium supplement (such as a vitamin, TUMS®, or Viactiv®). A child this age needs 900 mg of calcium daily. One 8-oz serving of milk has 300 mg of calcium. Once your child is 11 years of age he/she needs 4 servings of dairy or 1200 mg of calcium daily.

Teeth

Continue biannual dental visits, daily flossing, and twice daily brushing.

Developmental Suggestions

During these years, important reading and math skills will be established. Establish an afterschool routine with a specific time and place to do homework. Encourage your child to do the work on his/her own, being readily available to help when needed. Keep lines of communication open with his/her teacher so that any areas of struggling are quickly identified and addressed.

Speech should be clear with mastery of all letters and blends. You will see a transition from imaginary to concrete thinking towards the latter years of elementary school.

As your child nears pre-adolescence, questions about puberty and reproduction may arise. They will learn about this somewhat at school and through peers, but, as their parents, it is your responsibility to help them get the facts right and instill your values in them. Signs of puberty can occur as early as 8 years old in girls and 9 years old in boys. Hygiene becomes an important issue with regards to face care and the use of deodorant.

Exercise

Please teach your child the importance of regular exercise and healthy eating. Obesity is rampant in our country. Limit TV/computer/video games to 1-2 hours/day.

Safety

Ensure that guns are locked up and ammunition is stored separately and use a trigger lock. Enforce water safety, sunscreen use and helmet use with bikes, skateboards and scooters. Continue to use a car seat or properly secured booster until your child has outgrown the booster and an adult belt fits correctly. This is when your child is between 8-12 years old and at least 56 inches. Turn off the front air bag if your child is sitting in the front seat. Keep internet access in a visible area and install parental controls on your computer. The risks and dangers of alcohol, drug and tobacco use should be reinforced. **Poison Control Center: 1-800-222-1222.**

Immunizations

Your 11 year old child will receive a meningococcal vaccine against meningitis. We recommend yearly flu vaccines with the injectible flu vaccine or intranasal flu vaccine. If your child did not receive one today because we are not in the flu season, call us around late September/early October to check on our supply of the vaccine. If we have the vaccine available, please come in to be immunized.

****Next Visit** Please schedule your next well visit in one year.