

Partners in Pediatrics



Naturally Healthy Kids Since 1977

Well Care

6 - 12 Years

Age: _____ years

Weight: _____ lbs. (_____ %)

Height: _____ in. (_____ %)

Vision: _____ R _____ L

Body Mass Index: ("BMI") _____ %
("Healthy proportion" range \approx 10-85%)

Blood Pressure: _____

Urinalysis: _____
(optional)

Hemoglobin (optional): _____ g/dL
(test for anemia) (normal is between 11-16g/dL)

Tuberculosis Screening (if indicated):

Lipid Screening : If "BMI" is high or if a parent has elevated cholesterol please consider screening.

IMMUNIZATIONS TODAY - possibly

Hepatitis A or B, MMR, dT, Tdap, Meningococcal, Varivax booster, HPV series (2 shots), Influenza (this fall).
Your next physical exam should be in 1 year, and EVERY YEAR from age 6-19 years.

"How Am I Growing?"

You have grown _____ inches in _____ years and have gained _____ pounds in the same time period. Your percentile means that when we compare your height with that of 100 other kids with your same birthday you are taller than _____ out of 100. At your age if you're staying reasonably healthy, eating, sleeping, and exercising well, we expect you to grow 2-3 inches each year and to gain 6-9 pounds each year.

"How Do I Eat to Stay Healthy?"

First of all, eating breakfast every day before school is one of the best ways to help your body and your brain. Kids who eat breakfast do better on testing in the morning than kids who skip that meal, probably because the brain has an easier time getting the fuel it needs for thinking. Even a quick serving of oatmeal, a yogurt smoothie or peanut butter on toast will provide that needed protein for you to start your day.

Get three to four servings of **calcium-rich** foods each day to help your bones grow strong and to help keep you from "settling" or shrinking in height as you get older. Some examples of foods rich in calcium are:

- yogurt
- milk, especially skim or 1%
- cheese

- cottage cheese
- frozen yogurt, ice cream
- “calcium-fortified” orange juice
- “calcium-fortified” soy milk and rice milk
- broccoli, several other vegetables, and nuts (listed on our separate blue calcium sheet in the exam rooms).

Have you heard of the **food plate**? The basic idea is that you can help your body grow well and stay healthy by eating foods in proportions shown on the “plate”. For example, it’s a good idea to fill half your plate with vegetables and fruits. Soda has no real nutritional value for you. Drinking water as often as you can, and substituting juices and milk for pop will do so much more for your body’s good growth and performance. Be sure to eat protein at each meal or snack to give your muscles what they need to grow.



Many people prefer to be **vegetarians**, avoiding meat, poultry, and fish when they eat. If you are careful to eat a good balance of other foods the vegetarian way of eating can be very healthy for you. Grains (especially pasta, rice, and corn), beans, nuts, peanut butter, cheese, tofu, eggs, and many other foods can be healthy substitutions for meats. Some vegetarians also prefer to exclude milk products and eggs from their diets. Doing

so may make it harder for you to get enough **Calcium** and **Vitamin B12**, so be sure to talk to us about adding those to your diet, if you choose this route.

Do try to choose fresh, broiled, steamed, or baked foods instead of fried or greasy foods. When you add butter, margarine, or mayonnaise to your food, you are adding fat. A little fat is okay during the day. In fact, we need a small amount for proper growth and performance each day. But eating too many fat-rich foods in the day can lead to a bigger weight gain than we expected for you and to diseases of the heart and blood vessels when you get to be an adult. Even if your grandparents have heart disease or diabetes, you don’t have to – eating well can help put you in control of your body’s health and future.

You are going to be making many more of your own food choices as you grow up (in the school cafeteria, fast food restaurants, etc.). By remembering these principles about good eating you can make choices that will help keep you healthy and strong. In fact, with the information your generation has at your fingertips, yours can be the healthiest generation yet! For more information about your body’s nutritional needs visit www.choosemyplate.gov.

“What Are Some Examples of Good Food Choices?”

Less Healthy Choice	Better Choice	Best Choice
soda pop	100% fruit juice, chocolate milk	water, skim/1% milk
cookies	graham crackers	popcorn, no butter
cinnamon roll	bagel/toast with margarine, jelly	bagel/toast with fruit spread, no margarine
ice cream sundae	frozen yogurt	fruit, sorbet, popsicle made from fruit juice
hamburger cooked in oil or grease “special sauce” or mayonnaise	broiled burger	broiled, skinless chicken sandwich with lettuce, tomato
potato chips/fries	baked potato	crunchy veggie sticks, carrots, sweet potato

Social Media Use & Website Media Guidance For Parents

According to the Harvard Center on Media and Child Health, “Young people now spend more hours each day using media (e.g., TV, internet, video games, smart phones and tablets) than any other activity except sleep.” Excess and/or inappropriate use of media can put our children at risk for a variety of problems (e.g., depression, anxiety, school problems, obesity, attention issues) and can even put their very safety at risk. So what’s a parent to do? Create and commit all family members to “tech-free zones/times” (during meals, the hour(s) before bedtime and charge devices

outside the bedroom). Start by pledging to keep TV and internet viewing only in public places in your home, NOT in the child’s bedroom. Address use and safety rules with your child early, often and in “age-appropriate” terms. For up to date information and some of the best, age-specific guides we have found, visit the Digital Wellness Lab at Children’s Hospital Boston/Harvard Medical School at digitalwellnesslab.org. Also WaitUntil8th.org. These are websites you’ll want to “bookmark” and use again!

“How Can I Stay Healthy?”

- Bike Safety** – Your brain is delicate; you have only **one**, and it’s hard to repair! Make it a **habit** to wear that *helmet every time you ride a bike*. Take a bike safety course so you know the rules of the road. Also remember, you’re a “role model” for younger bike riders—set a good example!
- Car Safety Awareness** – Always wear your seat belt properly. Remind those you care about to wear their seat belts, too! It is safer for you to sit in the back seat, until you are at least 5 feet tall.
- Concussion** – If you ever feel dizzy, “foggy”, queasy, have a headache, sensitivity to light after a significant bump to your head, **GET OUT of the game**, rest and tell your coach and parents.
- Scooter and Rollerblading Safety** – Wearing wrist guards helps keep you from breaking arms. A helmet should always be worn to protect your brain. Pads for knees and elbows are also a good idea.
- Gun Safety** – If you see a gun, **DON’T TOUCH IT!** Get an adult **IMMEDIATELY**, and please don’t handle or play with them!
- Water Safety** – Learn to swim and **never** swim alone.
- Smoking, Alcohol, Drug Abuse** – Despite what you may have heard, these substances *are addictive, expensive* and are *very harmful* to your growing body. Stunted growth, more frequent illnesses, poorer performance in sports and school, and in some cases, even death, can result from using alcohol, vaping, smoking or drugs. Knowing this, it would not be “cool.” You would be **foolish** to try them. Talk with your parents about it.
- Body Changes** – (Girls, see separate handout.) Between ages 10-12 years you may begin to notice many changes in your body as well as in others your age. Feel free to discuss your feelings and observations, as well as any questions you may have, with your parents and/or your health care provider.
- Sleep** – Most your age need 8-11 hours of sleep each night. Getting too little sleep can leave you drowsy for school and sports and can make it difficult for you to grow and heal. If you have difficulty falling asleep, read the chapter on “STRESS” in our handbook. Also, listen to the Sleep Classes on our PIP website (Resources - Sleep Class).
- Exercise** – Whether you run, play sports, dance or walk the dog - find something you enjoy doing and find time to do 60 minutes each day, 5-6 days a week. You’ll feel great, stay strong and start a life-long habit that will help you have great health! Using weights in training is usually reserved for age 14 in order to protect your growing bones. Resistance training (push ups, pull ups, etc.) can be started anytime.

“What Are Other Ways I Can Take Good Care of My Body?”

- 1) Daily bathing and good handwashing before meals and after you go to the bathroom will help keep germs from getting into your body.
- 2) Regular visits every 6 months to the dentist as well as daily brushing and flossing of your teeth will help keep your gums and teeth healthy and looking great!
- 3) By around age 10-12 years of age, most young people find that the use of an underarm deodorant every day really helps to prevent unpleasant body odor.
- 4) The use of a **PABA-Free Sun Protection Factor 30+** sunscreen every time you get out in the sun will help you prevent painful

sunburns and damage to your skin. The more you are out in the sun without sunscreen, the earlier you will get those wrinkles and brown age spots you see on many older people. Skin cancer is much more likely as well, if you don't protect your skin. Try to use a “waterproof” or “rubproof” sunscreen for swimming and sports, reapplying the lotion every hour while you are outside, using generous amounts on your skin.

- 5) Return to get the flu vaccine this fall. Kids your age are very likely to catch this virus, which can make you and your family ill for days.

“What's Reasonable for Parents to Do at This Age?”

- 1) Encourage you to have regular bedtimes, chores, keep your room reasonably clean, establish fair rules for the family. As many children grow older and show they are becoming more **responsible**, many parents will begin to include them in making some of these decisions. A weekly “family meeting” night is a good time for these kinds of discussions.
- 2) Encourage you to do your “job,” which is **school**, as well as you possibly can.
- 3) Ideally, limit your recreational screen time (TV, computer, video games, etc.) to 1 hour during the day.
- 4) Spend time with you at meals, school and sporting events, and be interested in what you do. Model staying physically active for life.

- 5) Be ready to answer your questions and talk to you about things that go on around you, at school, and in the world. Make time for **open interactive dialogue** with your child to help him **learn coping skills** to deal with the stress, anger and peer pressure of “pre-teen life.”
- 6) Encourage and model reading at home.
- 7) Encourage the gradual acceptance of self-responsibility.
- 8) Help you learn to manage an allowance/ spending money as you become more responsible.
- 9) Help make you feel proud or good about something, about yourself, or something that you can do!
- 10) Monitor “screen time”, teach safe use and monitor activities with cell phone and “online” activities.

Notes:

We hope this handout has helped you learn more about taking good care of your body. If you have any questions or would like to learn more, feel free to call our office. Also, if you or your parents have anything you'd like to see us include in future Well Care Handouts, be sure to let us know! Visit www.partnersinpediatrics.com for other health tips and resources, and remember – your generation has the opportunity to be the healthiest one yet!