



6-12 Years



Nutrition

- Aim for balanced meals and snacks each day.
- Think patterns over time, not one meal.
- Water should be the main drink.
- Keep sugary drinks and excess sweets limited.
- Encourage fruits, vegetables, protein, whole grains, and dairy or alternatives.

Helpful Approach

- Eat together when possible.
- Involve kids in choosing or preparing foods.
- Keep mealtimes positive and low-pressure.
- Model healthy habits.



Development

**Children grow on different timelines.
These years often bring:**

- Stronger coordination
- Academic growth
- Deeper friendships
- Growing independence
- Emotional development
- Changing interests
- Body changes in later years



Movement & Exercise

**Exercise supports mood, focus & health.
Aim for active play almost every day.
Great options include:**

- Swimming
- Sports
- Dance
- Biking
- Playground time
- Walking



Friendship & Confidence

Support growth by encouraging:

- Perseverance
- Kindness
- Problem-solving
- Teamwork
- Healthy boundaries



Sleep & Routine

- Most children need 9 to 12 hours nightly.
- We recommend consistent bed and wake times.
- Screens before bed may disrupt sleep.
- Growing kids need rest for mood, learning and health.



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Hygiene & Happiness

For good hygiene, encourage:

- Regular dental care
- Flossing
- Deodorant when needed
- Daily bathing
- Brushing teeth 2x/day
- Handwashing

Check in regularly about:

- Stress
- Worries
- Friendships
- Mood
- School pressure

School Success

Healthy habits help learning:

- Reading at home
- Breakfast
- Movement breaks
- Encouragement
- Regular sleep
- Routines

Body Changes

Some children begin puberty during later elementary years. We are happy to answer questions and support these transitions.

Safety

Continue guidance around:

- Helmets every ride
- Firearm safety
- Seat belts / boosters
- Stranger awareness
- Water safety
- Body safety
- Internet safety

Screen Time & Devices

- Keep screen time intentional and balanced.
- Prioritize sleep, homework, movement and connection first.
- Use family rules around devices.
- Keep devices out of bedrooms overnight when possible.

Up Next: The Teen Years

We continue supporting:

- Emotional health
- Confidence
- Healthy habits
- Independence
- Family communication
- Puberty

When To Call Us

- Anxiety or mood concerns
- Sleep issues
- Bullying concerns
- School struggles
- Significant behavior changes
- Anything worrying you