

**7-10Y**  
**PEDIATRIC**  
**CARE ADVISOR**



**Well Child Care**  
**Ages 7-10**



Use this Care Advisor guide created by Facedy pediatricians for tips on managing your child's nutrition, safety and more.

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# Nutrition

Offer nutritious foods with variety for every meal and snack. Encourage your child to drink water, milk no more than 3 times a day and juice infrequently. Discourage your child from drinking soft drinks. Limit your child's intake of sweets and junk food like chips. Limit sugar and fat. Try to eat most meals as a family. Avoid battles about eating. The power a parent has is in choosing what a child is offered to eat.

Limit TV, computer and video games to 1 hour per day. Encourage your child to be active and play outdoors.

Recent studies suggest that lack of sleep contributes to childhood obesity. Have a set bedtime and a specific bedtime routine.

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# Development & Behavior

School helps children develop a sense of competence and accomplishment. Many children measure their worth based school performance. Learning difficulties may show up at this time. Make an agreement about doing homework at a regular time and place.

Acceptance by peers is important and learning to make and keep friends is a skill they will use for the rest of their lives. Sports, hobbies and activities outside of school will also make them feel proud of their accomplishments. Children at this age will learn how to deal with success and failure and how they do this may help or hinder them in the future.

Most children grow about 2 inches and gain 6-7 pounds per year. Early breast development may begin in 8-10 year old girls and menstrual period may begin as early as 8 years old. Parents of girls need to discuss this with their daughters. Boys may have testicular enlargement starting at 9-11 years of age.

Talk to your child about smoking, drugs, and alcohol. Some children begin to experiment with these as early as ages 9 or 10.

Make an agreement about household chores with your child. It will build confidence and a sense of responsibility and contribution.

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# Teeth

Be sure to brush twice daily and floss daily. Schedule a dental exam every 6 months.

## *About this guide*

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

# Safety

The American Academy of Pediatrics recommends booster seats which will make sure the vehicle's lap-and-shoulder belt fit properly. The shoulder belt should lie across the middle of the chest and shoulder, not near the neck or face. The lap belt should fit low and snug on the hips and upper thighs, not across the belly. Most children will need a booster seat until they reach 4 feet 9 inches tall and are between 8 and 12 years old. Children should ride in the rear of a vehicle until they are 13 years old.

- Never leave your child alone in the car.
- Do not leave your child unsupervised near water; supervision should always be done by an adult.
- Use gates or fences around pool areas.
- Use sunblock with an SPF of 15 or higher and avoid spending time outdoors between 11 am and 1 pm
- Your child should always wear a helmet when riding a bike or scooter.
- Discuss the importance of never talking to or going with strangers. Establish a code word that a person must say if they are sent by mom or dad to pick a child up. If the person does not say the word, your child should not go with them.
- If there are firearms in your home, they should be kept unloaded and locked up. Trigger locks should be used. Ammunitions should be locked in a separate place. Teach your child never to handle or play with guns.
- Supervise your child's play with friends. Know who your child's friends are.
- Teach your child to dial 911 for emergencies.
- Keep all medication and cleaning fluids locked in cabinets or areas out of reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).

# Immunizations

Your child should be up to date with all immunizations at this age. However, a review of the vaccine record may require "catch up" vaccines. At 10 years, a booster Tdap (tetanus, diphtheria, pertussis) may be given. Yearly flu vaccines are also recommended in the fall.

You can find more information on vaccinations online at: [http://www.facey.com/ped/child\\_care.php](http://www.facey.com/ped/child_care.php)

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