

# Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

## 8-10 Year Well Visits

### *Nutrition:*

- Try to eat meals together as a family-children learn to eat healthy foods by seeing your example.
- Many children enjoy participating in planning and preparing meals.
- Balanced eating: fruits at least 2-3 times/day, vegetables at lunch, dinner and as snacks, lots of grains, dairy three times a day, and protein foods twice daily
- Limit junk food.
- Give a multivitamin daily. If you do not have fluoride in your water, ask your doctor for a fluoride prescription

### *Parenting:*

- Your child should brush and floss teeth every day. Visit the dentist every 6 months
- Try to limit TV and computer/video game time to no more than one hour per day, and monitor what your child watches. Many studies link increased TV viewing to obesity.
- Encourage your child to read for fun
- Encourage your child to play actively for at least 30-60 minutes/day.
- Encourage participation in after-school activities and sports, depending on your child's interests and skills.
- Try to establish a regular homework routine, with a set time, and quiet space for your child to work.
- Praise good behavior. Have clear rules and expectations that are consistently enforced.
- Give your child reasonable chores and responsibilities.
- Puberty may begin as early as 8 for girls and 10 for boys. You may want to begin talking about puberty with your child.

### *Safety:*

- Use a booster seat for every ride, until your child is 60-80 lbs and 4'9".
- Use helmets on bikes, scooters, skateboards, skis, etc.
- Be sure to have smoke detectors in your home. Create a fire escape plan.
- Talk to your child about street safety and stranger safety. Talk to your child about not allowing anyone to touch his or her private parts.
- If you have guns in your home, keep them unloaded, and locked away.
- Use sun block whenever you are out.

### *When to call the office:*

- Most children get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. Call our office if your child is acting very sluggish or irritable, has difficulty breathing, has a fever over 103-104°F for more than 2 days, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

### *Vaccines at this visit:*

- The AAP and CDC recommend a yearly [Flu shot](#) for all children.

### *Web Resources:*

- [Food Pyramid Website](#)
- [CDC Healthy Families Site](#)
- [Websites for kids and teens](#)
- [www.kidshealth.org](http://www.kidshealth.org)
- [www.kids.gov](http://www.kids.gov)
- [Stranger safety](#)

