

## Things You Should Know: Your Child 10-11 Years

### **NUTRITION**

- It is often a challenge to get your child to eat foods from all five food groups. The best thing you can do is to keep healthy foods in the house and offer them at meal and snack times. Limit the amount of fatty foods, salty snacks, sweets and soda you have in the house. If the junk food isn't around, they won't eat it.
- Milk is important for bone growth. **Get three servings a day of milk or high calcium foods.**
- **Offer at least 5 servings of fruits and vegetables every day.**
- It is important for your child to **eat a healthy breakfast**. Children who eat breakfast are more likely to have more energy, work faster, be more creative and do better in school.
- **Eat meals together as a family at the kitchen table.** Create a pleasant atmosphere at mealtime. Give your child opportunities to join in the conversation.
- **The major contributors to obesity are 1) sugar containing drinks 2) fast food and 3) large portion sizes.**

### **SLEEP**

- It is very important for children in school to have a set bedtime that allows them to get **9-12 hours of sleep**.
- **Turn off all electronic devices at least one hour before bedtime.**

### **DISCIPLINE**

- Discipline is very important. Every child needs structure and limit setting. In fact, many children act out and misbehave to explore what their limits are. By setting limits, you teach your child appropriate behaviors and show that you love and care. Loss of privileges (grounding) is an effective method of discipline. Positive reinforcement and consistency are the keys.

### **SAFETY**

- **Make sure your child rides in the back seat and wears a seat belt.** Do not leave the driveway until all are buckled up, including you. Be firm about this. Set a good example.
- Children should wear appropriate helmets and protective padding when bicycling, skating and skateboarding.
- If your child participates in team sports, make sure safety is a priority and that fun is the goal and not winning.
- **Children under 16 should not use all-terrain vehicles (four-wheelers).**
- Trampoline use is dangerous and is discouraged in children.
- **To avoid sunburn, limit your child's exposure to the sun and use sunscreen. Purchase a sunscreen that is "broad spectrum" with at least an SPF of 15. Apply the sunscreen 15-30 minutes before going outside.**
- There should be smoke detectors outside every bedroom. Check the batteries frequently. Buy a fire extinguisher. Practice a fire escape plan with your child.
- Carbon monoxide detectors are recommended in every home.

- Guns in the home are a danger to the family. Guns should be locked up and ammunition stored separately.
- Children should be closely supervised by an adult while around water. Life jackets are critical when boating and swimming in lakes and streams.
- Children should learn how to swim.
- Teach your child the appropriate use of 911.
- Remind your child not to talk to strangers or get into cars with strangers.
- Water activities and use of power tools must be supervised.
- If your child is active in sports, injury prevention should include wearing proper equipment and avoiding over-exercising, fatigue and stress.

### GOOD HEALTH HABITS

- **Exercise is very important** to keep your child healthy. Children who exercise regularly, sleep better, have more energy and build strong bones and muscles. It will also help your child feel good about him or herself.
- **Your child should see the dentist every six months and brush twice a day with a small amount of fluoride toothpaste.**

### GOOD PARENTING PRACTICES

- Remember parents are role models for their children in terms of behavior, attitudes and morality.
- Spend active time with your child daily. Talk with your child about school and other activities and praise good work. Show pride and affection in your child's special strengths.
- **Limit television viewing, video games, phone and computer time and supervise the types of programs your child watches.** It is helpful for you to watch and talk about programs with your child.
- **Gradually provide age-appropriate decision making and independence.** For example, give your child an allowance or offer job opportunities so that your child can learn to manage modest amounts of money.
- Arrange adult supervision when you are away. You should know where your child is at all times.
- **Maintain good communication with your child. Your child should feel free to share worries and fears with you without fear of punishment.**
- **Parents should prepare girls for starting menstrual periods. You should answer your child's questions about sex comfortably.** If there are any questions you can't answer, you should find the answer with your child. Various books are available that may help you in your discussions.
- **A drug-free, tobacco-free, vape-free and alcohol-free environment is essential for your child.**

### IMMUNIZATIONS AND WELL VISITS

- Your child continues to need yearly well exams.
- At the 10 year visit, your child may need catch-up doses of the HPV vaccine.
- At the 11 year visit, your child will receive the Tdap and Menactra (meningitis) vaccines and may need catch-up doses of the HPV vaccine.

- Yearly Flu and COVID-19 vaccines are recommended.
- Your child may have anemia and cholesterol screening at one of these visits.

**Please do not hesitate to call or text the office if you have any questions or concerns!**