



## Dr. Fitch's 8-11 Year Well Child Handout

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Weight: \_\_\_\_\_ lb (\_\_\_\_ %)


Height: \_\_\_\_\_ in (\_\_\_\_ %)

Tylenol dose: \_\_\_\_\_ tsp or \_\_\_\_\_ mg —4 hours

Ibuprofen dose: \_\_\_\_\_ tsp or \_\_\_\_\_ mg —6 hours

Benadryl dose: \_\_\_\_\_ tsp / ODT or \_\_\_\_\_ mg—every 4-6 hours

### THINGS TO DO:

- Schedule your yearly well child visit (4-6 weeks ahead—longer if his /her birthday is in July or August as this is our busiest time of year for check-ups).
- Adolescent visits (12 and older) are longer visits, so we only do these at certain times of the day. Call 6-8 weeks or longer to schedule these adolescent visits.
- Schedule a dentist appointment.
- Don't forget your Flu vaccine—we start giving flu vaccine (injectable or Flumist [if approved and available]) as soon as we receive it in the office (Historically Flumist comes late July / early August. The injectable vaccine usually comes late August or early September). If it's not that time of year at your well visit, call us in early fall to set this up. Of note, we don't schedule these until we have received the vaccine in the office. You can follow the vaccine arrival on our website or on Facebook.
- Visit our website: [www.heritagepediatrics.com](http://www.heritagepediatrics.com) for news, announcements, educational materials, health recommendations, and information about our office. Check out my page under the physician tab.
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### 4 THINGS IMPORTANT FOR GROWING:

• Every year from 8 (girls) or 9 (boys) I will tell your child the 4 things that are important for growing which are also important for maintaining themselves when they are done growing over the next few years. Every year at their check-up there will be a quiz on these 4 THINGS. My hope is that if I talk about this for 10 years, they will see the importance and develop healthy habits that they will keep for the rest of their lives.

#### 1) EATING HEALTHY:

- At the 1 year old check-up, I told you that your child needed a variety of food every 3 or 4 days. Starting at age 8 (girls) and 9 (boys), the beginning of the pre-adolescent years, your child needs a well-balanced diet at every meal.
- Your child has been hearing me tell them to take 2 bites and gain 2 new foods every year. I still encourage this. Studies show you may need to try a food 15-20 times before you develop a taste for it.
- **New recommendations are for all of us to decrease carbs in our diet. "My plate" should look like 25% fruit, 25% vegetables, 25% protein and only 25% carbs.**
- **So, we need more fruits, vegetables and protein than bread, pasta, tortillas, chips and desserts (my 5 favorite). We are telling our country that 50% of our diet should be fruit and vegies and we**



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**need to cut our carbs in half. This is tough!! But, carbs get turned into sugar. Excess sugar leads to inflammation that can lead to / exacerbate heart disease, diabetes, cancer, arthritis, headaches, acne, dental caries, thyroid problems, gastritis/ GERD, menstrual irregularities, weight gain etc.**

- My focus food group is protein. Protein is our muscle food, but it's also our brain food. When we eat more protein, we keep our blood sugar more constant. We then feel better, listen better, sleep better and feel full so we don't feel like snacking or eating in between meals. If it's 10:00 AM and their tummy is growling, they are thinking of food and not what their teacher is trying to teach them. That is why I call protein my focus food. Though protein is needed all day long, breakfast is the hardest meal so you have to be intentional to find protein every AM.

- **Water—we are supposed to drink 6-8 glasses of water a day. If we exercise more than 30 minutes, we need more than 6-8. That's a lot of water and probably won't happen unless we make an intentional plan. Carry a water bottle during the day, drink 1 glass before every meal, 2 glasses before snacks, or drink less of other liquids (juice, sodas, sports drinks). Drinking more water helps with headaches, over eating, bowel and bladder problems, dizziness, etc.**

- Meal time should be family time. Discourage "grazing behaviors" by having set meals and if able, have all members of the family eat together. There are great studies of adolescents that show emotional, psychological, educational, and physical benefits of family meals. So, get in this habit when your child is young. Then this is just part of your routine when life starts getting busy and your school age child becomes a tween and then a teen.

## **2) CALCIUM:**

- Your child now needs 3 glasses of milk or the equivalent (1200-1300 mg) every day. Girls will need this for the rest of their lives. Boys drop down to two glasses (800-900 mg) in their mid 20s when their bones stop growing (talking bone density--as their height will usually stop growing by 17 or 18).

- Calcium doesn't have to come from a cow. It can come from almond milk (only need 2 glasses), soy milk, rice milk, OJ with calcium, yogurt or a calcium supplement (I would do 500 mg twice a day if there is no other calcium source in their diet).

- This really is a critical time for bone growth. Once their bone densities are set (18-20 in girls and 23-25 in boys) it is very hard to add to them. Then it's about maintaining what they have.

## **3) EXERCISE:**

- In addition to calcium, bones need exercise to be healthy. And of course our muscles and hearts need exercise as well.

- There are lots of ways to get exercise like sports, running, stationary bike, treadmill, walking the dog, family walks, bikes, scooters, swimming, trampolines (can you believe a Pediatrician actually included this on his list), playing tag, Wii fit, a yoga video, etc.

- My goal is for them to be active most days of the week (4 or preferably 5 days a week). They need to keep their heart rate up for a good 30 minutes. So, if activity is start and stop, they may need an hour of activity.

## **4) SLEEP:**



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- This is the hardest one in my opinion. Your child still needs 10-12 hours of sleep every night (when they are teenagers it drops down to 9-10 hours). This gets harder each year because of school, more homework, more and longer sports practices, friends, family, computers, iPads, phones, etc.
- Sleep is related to growing because children grow when they sleep; when they are sick, their bodies heal when they sleep; even muscles restore and grow during sleep.
- Additionally, we know from High School studies, that when teenagers get 30 more minutes of sleep they: make better grades, get fewer headaches, are less depressed and less anxious.
- Little chunks of sleep, like 30 minutes, really makes a difference. 30 more minutes of sleep every night is an extra 18 nights of sleep for your pre-adolescent this coming year. That is a night and a half every month. Think how bad we feel if we lose a night and a half of sleep and how much better we feel if we get this cumulative sleep benefit.
- The habit for sleep is going to sleep when you can go to sleep. Don't do one more thing (this applies to us parents, too!!). We all tend to read one more page, look at one more thing on the computer, watch one more episode of our show, etc. Don't do it!!! Just go to bed!!!
- Our bodies also like consistency. If bedtime and wake time are more than 2 hours different between the week days and weekends, your child (and you) will feel more tired (really like jetlag) on Monday morning.
- Light stimulation also effects sleep. It's best to avoid electronics 2 hours before bedtime, but I would turn off at least 1 hour before bedtime. Do computer homework first and save reading and math for last.
- Keep your child's room quiet and dark at night. Turn off (or better yet keep out of the bedroom) anything that glows or buzzes. I even recommend covering the time on alarm clocks. We all wake up throughout the night, but if we remember what time it was that we woke up in the AM, it means our sleep was disrupted.

## **DISCIPLINE** (Remember this means *Training*):

- My letter system continues for 8-11 year olds:

- **8 & 9 year olds—2Ts**

### 1) **Truth** & 2) **Trustworthy**

All of us parents want to believe our children. If they said they did something, we want to believe they did it. If they said they didn't do something, we want to believe they didn't do it. The way to be trustworthy is to always tell the truth. Trust is important in all relationships. It's easy to lose trust and hard to gain it back. Most children go through a phase where they struggle to tell the truth. Therefore it's important to address this quickly and firmly while they are young. Encourage your children to be careful with word like "always" and "never". Those words can be thrown out a lot but often really aren't the truth. At 9 I add that the summary of the 2 Ts is being a person of Integrity. A person of Integrity tells the truth, does the right thing when no one is looking and is consistent in all settings.

- **10 & 11 year olds—2Rs**

1) **Rest**—I just addressed this above. It's a 10 and 11 year old word because all 10 and 11 year olds are growing or about to do a lot of growing.

2) **Responsibility**—Every year everyone will expect more from our children (parents, teachers, instructors and coaches). Therefore I think this is a good time for our children to learn responsibility. The key word there was "learn". I don't think all 10 & 11 year olds are irresponsible; responsibility is something that is learned. I tell your child I want them to do the things they know they are supposed to do before they are asked: taking a shower, brushing teeth, picking up dirty clothes off the bathroom or bedroom floor, make your bed, family chores, homework, etc. And, I tell them sometimes we won't



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answer their questions as we want them to go think about it first. Often they can answer their own question. Part of being responsible is thinking before they act or ask questions. We parents will be there for our kids, but we won't always be right there to do or fix everything for our children.

- Try to respond calmly versus reacting harshly.
- Give yourself permission to make mistakes parenting. When you make mistakes, let your kids know and apologize to them. They may learn more from this than all the things we do right.
- Consequences are more effective as they have more reasoning ability. Try to have the consequence fit the offense. Taking away things and losing privileges become more effective at this age.
- Consistency really is important. In fact, if we are inconsistent we confuse our child and do them a disservice.
- Setting limits really does give your child freedom. It gives them the freedom to play within the boundaries (just like a fence around a playground on a busy street gives freedom to use the whole playground right up to the fence) .
- I know sometimes at the end of the day you just want to cry and that's ok. If you really want to cry, read the book, Let Me Hold You Longer by Karen Kingsbury. Remember to laugh as well.
- Feel free to check out my recommended reading list on my page of our website.

([www.heritagepediatrics.com](http://www.heritagepediatrics.com) )

## **DEVELOPMENT:**

- Skates (roller and ice), swims, catches a bounced ball, rides a bike with a helmet, improved handwriting, developing keyboarding skills, enjoys crafts, frequent spills at the table, knows the months in order, can relate to events, articulates with clarity, reads for pleasure, has a sense of humor, knows the family rules, does chores, relates to peers, takes responsibility.
- In public school, the school nurse will talk to your children about puberty and adolescent changes in 3<sup>rd</sup>, 4<sup>th</sup> and / or 5<sup>th</sup> grade. You want to have these conversations with your children before they hear it from someone else. These are never easy conversations, but they are very important. If you are the first person to have these conversations they will see you as the expert and come to you with questions.
- Check out my Adolescent Development Resource on my page of our website ([heritagepediatrics.com](http://heritagepediatrics.com)) for some suggested books and websites to lead you through these discussions.

## **CHORES & ALLOWANCE:**

- It is good to give our children responsibilities around the house. I think it's also good to have jobs that they do because they live in our house, not because they are getting paid.
- I also think it's good to have some system to give our children money (allowance, birthdays, holidays, earned for specific jobs) so they can learn the value of it and to be responsible with it (I learned the value of a dollar by getting 1 cent for each cedar tree cut in the Hill Country when I was a child). I think they should learn to spend it, give it away and save some. Saving teaches them that in life there are lots of things that are good, but some things are worth waiting for.
- See my recommended reading list on my page on our website for some resources on finances.

## **TECHNOLOGY & SOCIAL MEDIA:**

- If you haven't thought about this topic, you need to. If this subject doesn't terrify you, it should.



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- Now, technology can be wonderful and we shouldn't throw the baby out with the bath water. It just needs to be thought through. You need to have a plan when your child is young. You don't want to have to react to your child when "everyone else has one".
- Find some families with similar age children and similar media views. Come up with a common plan of when and how much technology and social media you will let your children use. Then, when your children say they are the only one without, you can list a bunch of their peers who are following the same principles.
- Here is the AAP website on Media and Children: <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>
- **The AAP recommends that there are no televisions, computers, or video games (I'll add phones) in a child's bedroom. And, they recommend turning the TV off during dinner.**
- I recommend that you monitor your child's technology and social media usage. You are not spying on your children if you tell them you are doing so. A monitoring program we use on all our computers and phones is called Covenant Eyes (costs about \$100 a year). If you want to block adds on your computer, check out: <http://adblockplus.org/> Here are some quotes from the AAP:
  - "Create a strategy for monitoring your kids' online social media use, and be sure you follow through. Some families may check once a week and others more sporadically. You may want to say "Today I'll be checking your computer and cell phone." The older your kids are, the more often you may need to check."
  - "Consider formal monitoring systems to track your child's email, chat, IM and image content. Parental controls on your computer or from your Internet service provider, Google Desktop or commercial programs are all reasonable alternatives."
  - "Set time limits for Internet and cell phone use."

## IMMUNIZATIONS:

In addition to a yearly flu vaccine, there is only 1 Tetanus shot at 9 years old (5 years after the last tetanus):

### (1) Tdap (Tetanus, Diphtheria and acellular Pertussis)

- I give Tetanus every 5 years. If you are between 5 and 10 years and you cut yourself on anything dirty (especially outside), you need to get a Tetanus vaccine within 72 hours. Therefore, since tetanus lives in the soil and kids play sports, travel, go to the hill country and go to summer camp, I keep my patients covered every 5 years. The Pertussis vaccine isn't lasting as long as the old "whole cell", so a booster is important.
- Your child may have a sore arm after getting a Tetanus shot.

### (2) Flu (Preservative free Influenza injection or Flumist [if approved and available])

- If it is flu season and your child hasn't received a flu vaccine, he / she will receive one today.
- Though the flu vaccine is different each year (each year it has different strains—now the Flumist and injectable vaccines have 4 strains--2 A strains and 2 B strains), it is very unusual for us to see any side effects (fever, fussy, or mild flu-like symptoms) from the Flumist. Side effects from the flu shot are usually minimal (fever/fussy or local reaction) but this can vary depending on the year.
- I am comfortable giving the Flumist to my asthmatic / wheezing patients as long as they are well controlled and not currently wheezing/ coughing.





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- I believe in the universal flu vaccine recommendation for all my patients. The benefits include studies that show: decreased hospitalization (especially for the young and old), decreased antibiotic use for secondary infections, and herd immunity for the community.
- We recommend the flu vaccine be administered one month before flu arrives in the community. Though it's usually the end of December or later when flu arrives, some years it can come as early as November.

## LIPID SCREEN:

- In the Spring of 2012, it became recommended to do a lipid screen on all children 9-11.
- We can now interpret non-fasting cholesterol.
- We now have treatment for children with persistent, significantly elevated cholesterol.
- By screening at this age we get a genetic baseline. Then we will re-check at 16-18 and compare with the baseline. Though carbs maybe more important than cholesterol, I still think it's helpful to get this baseline.

## DENTAL CARE:

- Pediatric dentists recommend having a dental check up every 6 months.
- Your child should brush his / her teeth twice a day with a soft toothbrush.

## SAFETY:

### **Injuries are the number one cause of death for children with almost half of injuries involving motor vehicles.**

- Your child should always wear a seat belt. Most are able to come out of a booster at 8 but the seat belt should always hit over the center of their collar bone the whole time they are in the car. The official recommendation is for them to not ride in the front seat until they are 13 years old.
- Your child should always wear a helmet when they ride a bike. Use caution when riding a bike in the street.
- Even though your child may be a very proficient swimmer, they should never swim without adult supervision.
- Insist on a smoke-free house and car; check batteries in smoke detectors on daylight savings dates (spring/fall).
- If you choose to have a gun in the house, keep it unloaded and in a locked place separate from the ammunition.
- Teach your child his / her full name, address, and phone number. Remind them of stranger safety – not to follow strangers and not allow themselves to be touched by others in ways they don't like or makes them feel uncomfortable.

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