

## ***Age: 6-10 years old***

### **NUTRITION**

Having most meals together as a family is desirable. It is a great time for your child to express his worries, interests, and concerns. Encourage good table manners. Children watch what their parents eat, so set a good example. Be sure to give foods from all food groups and limit snacks to healthy ones. For food suggestions check out the following web site: [www.mypyramid.gov](http://www.mypyramid.gov). Remember that taste buds change during this time period. Foods that your child once ignored may be ones he'll really like now. Re-introduce foods and watch for a better response.

### **DEVELOPMENT**

Children in this age group are very confident and like to take risks. Watch them closely and encourage responsible play. Finding compatible friends is very important and peers' views will sometimes be more important than the parents' views, according to the child. Try to encourage balance between the two and promote good self esteem in your child by praising model behavior. Children love to please important adults in their lives (teachers and parents).

### **ACTIVITIES**

Try to limit TV and video game playing to 2 hours each day, even on weekends. Find other activities to keep your child interested. Reading and family game time are good alternatives to television. Continue to monitor closely the video game and TV content. Children should not be exposed to content of a violent or sexual nature. Do not keep a TV in your child's bedroom. Encourage your child to play outside, exercise and get involved in sports. Winning and losing should not be emphasized.

### **SEXUALITY**

It is important to begin discussing sexuality. Children should be asked if they have any questions about sex. Don't impose information on them. Once kids see that their parents are comfortable with sexual discussions, they will often ask for information.

### **DENTAL CARE**

Schedule appointments for yearly dental visits. Brush teeth after every meal.

### **SAFETY**

Accidents are the number one cause of death in children. To promote safety for your child:

1. Everyone in the car should wear a seat belt.
2. Discourage interest in tobacco products.
3. Enroll your child in swimming lessons.
4. Check your smoke detectors and fire extinguishers routinely.
5. Avoid outdoor trampolines.
6. Teach your child to never go anywhere with a stranger.
7. Your child should know her home address, phone number, and your place of employment.
8. Do not allow your child to be near knives, power tools, mowers, or guns.
9. Never ride a bicycle on a busy street or without a helmet.

### **IMMUNIZATIONS**

Discuss with your doctor your child's need for catch up vaccinations.

**TYLENOL (acetaminophen) DOSING**

| <i>Weight</i> | <i>Type</i>           | <i>Dose</i> | <i>Interval</i> |
|---------------|-----------------------|-------------|-----------------|
| 36-47 pounds  | children's liquid     | 1 ½ tsp.    | 4-6 hours       |
|               | chew tablets (160mg)  | 1 ½ tabs    | 4-6 hours       |
| 48-59 pounds  | children's liquid     | 2 tsp.      | 4-6 hours       |
|               | chew tablets (160mg)  | 2 tabs      | 4-6 hours       |
| 60-71 pounds  | children's liquid     | 2 ½ tsp.    | 4-6 hours       |
|               | chew tablets (160mg)  | 2 ½ tabs    | 4-6 hours       |
|               | adult tablets (325mg) | 1 tablet    | 4-6 hours       |
| 72-95 pounds  | children's liquid     | 3 tsp.      | 4-6 hours       |
|               | chew tablets (160mg)  | 3 tabs      | 4-6 hours       |
|               | adult tablets (325mg) | 1 ½ tabs    | 4-6 hours       |
| 95+ pounds    | use adult dosing      |             |                 |

**ADVIL/MOTRIN (ibuprofen) DOSING**

| <i>Weight</i> | <i>Type</i>           | <i>Dose</i> | <i>Interval</i> |
|---------------|-----------------------|-------------|-----------------|
| 36-47 pounds  | children's liquid     | 1 ½ tsp.    | 6-8 hours       |
|               | chew tablets (100mg)  | 1 ½ tabs    | 6-8 hours       |
| 48-59 pounds  | children's liquid     | 2 tsp.      | 6-8 hours       |
|               | chew tablets (100mg)  | 2 tabs      | 6-8 hours       |
| 60-71 pounds  | children's liquid     | 2 ½ tsp.    | 6-8 hours       |
|               | chew tablets (100mg)  | 2 ½ tabs    | 6-8 hours       |
| 72-95 pounds  | children's liquid     | 3 tsp.      | 6-8 hours       |
|               | chew tablets (100mg)  | 3 tabs      | 6-8 hours       |
|               | adult tablets (200mg) | 1 ½ tabs    | 6-8 hours       |
| 95+ pounds    | use adult dosing      |             |                 |

**NEXT VISIT**

Your child should have yearly well checkups.

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