

## **TEN / ELEVEN YEARS**

### **HEALTHY HABITS:**

Ensure adequate sleep; Encourage physical activity, personal hygiene; Monitor TV and music; Counsel about avoiding drugs, alcohol, & tobacco.

### **INJURY PREVENTION:**

Use seat belt in the front and back and bike helmet; Supervise your child close to water; Teach your children how to swim; Teach your children sports safety including mouth-guards; Use sun-screen; Maintain smoke free environment; Test smoke detectors; Keep matches, poisons, & guns locked up; Provide safe after-school environment; Put rules for being at home alone.

### **NUTRITION:**

Eat some meals as family; Use healthy choices for meals and snacks and avoid high fat and high sugar foods;

### **ORAL HEALTH:**

Brush teeth; If you don't drink city water you may need fluoride; See a dentist at least once a year; Learn dental emergency care.

### **SEXUALITY EDUCATION:**

Answer questions your child have about sex; Read age appropriate books together; Prepare child for puberty and sexual development; Encourage abstinence.

### **SOCIAL COMPETENCE:**

Praise, encourage talking and expression of feelings; Encourage reading and hobbies; Give individual attention; Create opportunities for family activities and trips and team or group activities; Reinforce limits and provide consequences; Encourage positive interactions with teacher and other adults; Assign chores and provide personal space; Teach family rules and how to resolve conflicts and handle anger.

### **FAMILY RELATIONSHIPS:**

Serve as a role model for ethical behavior and healthy habits; Listen, show respect and interest in activities; Do activities together; Show affection; Set reasonable but challenging expectations; Encourage good sibling relationships; Know your child's friends and their families.

### **COMMUNITY INTERACTION:**

Discuss community and school programs, soccer, swimming, and other activities; Ensure after school child care; Advocate for health education in schools; Encourage school, cultural, community involvement.

### **IMMUNIZATIONS:**

The last dose of Tdap (adult form) is due today. The child also needs the Menactra (meningitis vaccine), and females will need the human papilloma virus vaccine (cervical cancer prevention) if available. If not available, please get its three-shot series done at the health department.