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## *Information for You from Your Health Care Team*

### **Developmental Milestones/Activities/Issues School-age (5-11 years)**

#### **Milestones:**

- Likes privacy
- Uses a knife
- Bathes self, no assistance
- Ties shoes
- Prints name
- Knows right from left
- Enjoys peer activities/school

#### **Nutrition:**

Four servings each day of fruits and vegetables, bread and cereals, dairy products and two servings of meat. Serve nutritious snacks. May increase food intake. Your child can start to learn how to eat healthy.

#### **Activities:**

- Provide peer interactions
- Provide books to read
- Read together
- Music
- Interactive games
- Encourage hobbies
- Encourage physical activities

#### **Issues Related to Hospitalization:**

At this age your child may display behaviors typical of younger children. For example, bed wetting, baby talk, or refusing to walk. Try to establish regular visiting patterns and maintain routines, such as schoolwork and visits from friends. Encourage your child to get out of bed and play with other children in the hospital.

Speak up if you have any questions or concerns