

# Your Child is Now \_\_\_\_\_ Years Old

## What should your child be eating?

- Give your child a balanced diet of fruits, vegetables, meat, bread and cereals, and dairy products.
- Your child needs more calcium now for growing bones and teeth. Give your child a glass of milk with each meal.
- Encourage 3 regular meals a day. Encourage and provide nutritious health snacks. Examples are cheese and crackers, yogurt, and fruit.
- Share meals as a family whenever possible; turn off TV during meal times.
- May seem hungry all the time.

## What will your child be doing?

- Friends become increasingly important to your child.
- Should become involved in activities such as sports, music lessons, and scouting.
- Body image, body changes, and privacy become important issues.

## What are some issues or concerns you may have?

- Rules and Discipline:** • Your child still needs rules, limit setting and consistency from you as a parent.
- Self Esteem:** • Praise and affection from parents are needed and are best done in private rather than in front their friends.
- School:** • Your child will have more homework and needs time, space, and support.  
• Encourage your child to set goals to do well in school.  
• Show interest in your child's school by going to conferences and open houses.  
• Encourage reading and visits to the library – make it a family outing.
- Responsibilities:** • Gradually increase responsibilities at home.  
• Child should have regular chores such as cleaning his/her room.
- Safety:** • Stress safety including wearing bicycle helmets, know and follow laws for bicycle riding in the street, use seat belts.  
• Home safety rules – discuss what to do if home alone, no talking with strangers, street/neighborhood safety.  
• If guns are kept in the home, keep unloaded, locked, and away from ammunition.  
• Use sunscreen, SPF 15 or higher, when out in the sun.  
• Do not smoke in house, car, or around your child.
- Healthy Lifestyle:** • Encourage daily physical activity.  
• Encourage personal and dental hygiene.  
• Your child needs about 9 to 12 hours of sleep each night.  
• Begin talking about puberty, sexuality, drugs, alcohol use, and cigarette smoking. Be available for your child.  
• TV/video games/internet – Use parent controls and supervise computer and video game use, and TV programs. Limit time to no more than 1 to 2 hours a day.

**Comfort measures after shots:**

You may give a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours. Your child's dose is \_\_\_\_\_.

**Call the office or answering service at 315-464-4357**

- If you need to:**
- Schedule or cancel an appointment.
  - Talk to a nurse from 8:00 A.M. to 5:00 P.M.
  - After clinic hours to talk to a doctor.

**Date:** \_\_\_\_\_ **Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Speak up if you have any questions or concerns.**



# Healthy Kids



Pediatric and Adolescent Center  
SUNY Upstate Medical University