

Well-child check up: 5 to 11 years

Child's name: _____ Date: _____ Height: _____ Weight: _____

Immunizations received: _____

Next visit: _____ Immunizations needed: _____

Remember to bring your child's vaccine record with you.

This sheet is meant to provide you with general information about your school-aged child.

Nutrition

Give your child foods from all of the food groups:

- milk, cheese, yogurt
- protein foods: beans, cheese, chicken, eggs, fish, meat
- fruit
- green and yellow vegetables
- bread, cereal, pasta, potatoes, rice

Make meals colorful and involve your child in making meals when you can.

Try to get your child to eat 3 meals a day. Breakfast is especially important, even if it is only orange juice and toast or cereal.

Have your child drink several glasses of liquid a day. Serve lowfat milk with meals. Limit juices to 4 to 8 ounces per day. Water is the best drink to have between meals. Soda pop and other sugared drinks should be very limited.

Offer good snack foods like fresh fruit and vegetables, crackers, cereal, cheese, and peanut butter.

Exercise

Help your child practice some kind of physical activity skills. Encourage activity for 30 minutes every day, such as running and playing outside, swimming, walking, or riding a bike. Exercise with your child when a friend is not available.

Friends

Children need friends. Encourage your child to make friends. Model the qualities you want your child to have, such as good listening skills, being respectful, and looking at things from others' points of view. Get to know your child's friends and the friends' parents.

Bullying

If your child is being bullied, see the parent tip card, "Bullying," available on Children's Website.

Safety

Your child must buckle the seat belt for every car trip. All children under 12 yrs should be in the back seat. Children less than 80 pounds and less than 4 feet 9 inches tall should be in a booster seat. Make sure you buckle up, too.

Make sure your child wears a helmet when riding a bike for protection against head injuries. Also make sure your child wears protective equipment for sports, such as skate boarding and inline skating.

It's best to keep all guns out of your home. If you must keep a gun, store it out of sight, unloaded, and locked up. Store ammunition in a separate locked place. Make sure your child does not play in a home where guns are not locked up.

Have smoke detectors in working order. Make an escape plan with your child. Teach how to call 911.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have any concerns about safety for you or your child.

Positive parenting

School

Be involved. Ask your children what they are learning. Schedule a study or reading time with the TV off. This will be a time for homework, reading, or family time. Modeling reading will encourage your child to read.

Television

Limit TV watching to two hours or less each day and help your child make choices about what to watch. Do not put a TV in your child's bedroom.

Pay attention to what your child watches on TV. Watch TV with your children. Ask questions like, "Do you think this is real or pretend?" "Is this how we do things in our home?" "What do you think would happen

if you did that?" See the tip sheet, "Keep the TV but..." available on Children's Website.

Anger

Anger is a normal feeling. We all have to be careful what we do and say when we feel it. These are some safe things to do and to teach your child:

- Take a deep breath and let it out. Do it two more times.
- Close your eyes and imagine you are hearing what you are about to say. What would the other person feel if you said this?
- Go outside for a walk.
- Call a friend who knows how to listen.

Preventing illness

Make sure everyone in the family washes hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don't smoke in the home or car.

When should I call the clinic?

- temperature higher than 100.4° F for more than 5 days.
- if you are worried about your child.
- trouble breathing – **call 911.**

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

Resources at Children's of Minnesota

Minneapolis clinic (612) 813-6107
St. Paul clinic (651) 220-6700

Family Resource Center (health, parenting, and community resource library)

Minneapolis (612) 813-6816
St. Paul (651) 220-6368

Parent Warmline (612) 813-6336
(child development and behavior)

Web site www.childrensmn.org
(includes information about visiting Children's, illnesses, and parenting, as well as Children's Medical Organizer—a free easy-to-use Web site to help organize your family's medical history)

Community resources

2-1-1 Phone Helpline (confidential information and referral to thousands of community services) dial 2-1-1, or (651) 291-0211

Child safety seat inspections (free) (information about the nearest location) 1-866-SEAT-CHECK www.seatcheck.org

Minnesota Tobacco Helpline (for help to quit smoking) 1-888-354-PLAN (1-888-354-7526)

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