

RENAISSANCE PEDIATRICS, P.C.

10 Year Well Child Check

Development

Is energetic and spirited

Is self-conscious

Succumbs to peer pressure

Wants to be both independent and dependent

Preoccupied with opposite sex

Will have a best friend of the same sex

Eager to learn and master new skills and proud of doing things well

Does not want to be different

Has internalized standards of right and wrong



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

RENAISSANCE PROVIDERS

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- Encourage your child to make responsible and independent decisions
 - Help your child continue to build self esteem and self confidence to help deal with negative peer pressures
 - School performance will continue to mark your child's accomplishments and development
- Encourage your child to engage in behaviors that promote wellness and a healthy lifestyle

Nutrition and Physical Activity

- Share family meals together as often as possible.
- Show your child how to make healthy food choices.
 - Eat 5 servings of fruits or vegetables per day.
 - Limit high fat and low nutrient foods and drinks.
- Drink 2-3 cups of low fat milk per day. Low fat yogurt and cheese are good alternatives to milk.
 - Limit juice to 4-6 oz per day of 100% fruit juice.
- Child should be physically active for at least 60 minutes per day.
 - Limit TV and video time to no more than 2 hours per day.
 - Child needs 10-11 hours of sleep per night.

Healthy Teeth

- Brush teeth twice a day with pea size amount of fluoride toothpaste and floss once a day.
 - Child should see a dentist every 6 months.

Safety

- Child should ride in the backseat. The shoulder belt should lie across the middle of the chest and shoulder and the lap belt should be low and snug across the upper thighs.
- Teach your child how to act away from home and what to do in an emergency situation.
- Child should wear safety equipment when biking ,skating or playing sports.
 - Remember to apply sunscreen with a SPF 15.
- Teach child about drugs, alcohol and tobacco and sex education.



Parents Points of Interest

Development tips

Child will develop body odor and facial skin is oilier

Girls

Girls will develop breasts

Pubic hair and underarm hair will begin to grow

Girls may start their first period

Ages may vary

Boys

Testicles and penis will grow larger

Pubic and underarm hair will grow

Voice will change

Ages may vary

Vitamin D

All children should have an intake 400 IU of vitamin D a day. They can get this from 16-24 ounces of dairy a day or from vitamins with 400 IU of vitamin D.