

Checkpoints

By now your child should start to take pride in personal belongings and self-care by

- Folding clothing, making bed
- Caring for outdoor toys (i.e. bike)
- Using a broom, dust pan
- Taking care of personal hygiene without being told
- Helping make a grocery list
- Preparing simple meals w recipes
- Knowing your address and phone #
- Getting at least 1 hour of physical activity every day – preferably outside

Name:

| Weight | Height | BMI |
|------------------------------------|--------|----------------|
| | In | |
| % | % | % |
| <u>Vision</u> | | <u>Hearing</u> |
| Left: | Right: | Pass Fail |
| BP: | / | HR: |
| Tylenol (acetaminophen) 160mg/5mL | | mL every 4 hr |
| Motrin/Advil (ibuprofen) 100mg/5mL | | mL every 6 hr |

Healthy Eating Habits

Food habits now influence eating habits later in life. **Eat as a family often.** Discourage eating in front of the TV. Encourage 5 servings of REAL fruits and vegetables. Use appropriate food portions by using your child's fist size to estimate the size of one portion. Limit salt, processed snacks, fast foods, sweet drinks and treats to one a day. Despite what our parents taught us, juice has no nutritional value. The vitamin C in juice is not necessary to fight infection and consuming even 100 % natural sweetened drinks contributes to obesity. Encourage drinking water instead. We recommend a **daily multivitamin** with Vitamin D (600 IU) and Calcium (1300 mg) at least.

Learning to Swallow Pills

Now is the time to teach your child to swallow pills. It is best to practice when your child is healthy and not actually in need of medication. There are at least 8 techniques that people use to learn to swallow pills. You can find them at potomacpediatrics.com/swallowing-pills Your child can also watch YouTube videos of other kids swallowing pills and then choose the method they want to try. Let us know if you are struggling.

The Sleep Hack

Lack of sleep can cause headaches, stress, irritability, anxiety, depression, and symptoms that look like ADHD. Shoot for 10 to 12 hours of sleep each night. In most cases, that will mean a bedtime between 7:30 and 8:30 PM. To ensure a good night's sleep, **remove all electronics** from the bedroom.

The Screen Hack

Screen time is any time spent in front of the TV, computer, tablet or smartphone. There is a direct relationship between amount of screen time and a child's weight. Also, **viewing violence is linked to aggressive behavior.** So, screen time and content should be carefully monitored. Watch shows with your child and use them to stimulate topics of conversation. **Keep TVs out of the bedroom.** Limit screen time to 2 hours a day.

The American Academy of Pediatrics recommends limiting total recreational screen time to no more than 1-2 hours a day.

If your child needs a phone to communicate with you, consider buying a **non-smart phone** that only makes calls and does not access the internet.

Safety

ALWAYS wear a helmet when biking, skating, skiing, & hoverboarding. Use elbow and kneepads.

ALWAYS know that guns in the home are a danger to the family. If guns are kept in the house, store the gun and ammunition in two separate locations, and keep each of them locked up

NEVER open the door when the doorbell rings. Let the adult that is home open the door.

NEVER share a password, even with friends.

NEVER send a mean message online.

NEVER give out personal information unless a parent says it's okay. This includes your name, address, phone number, age, school name, and social media accounts.

CAR SAFETY

Booster seats are recommended until your child is 4 ft. 9 in. For most kids, this will be age 11. High-back booster seats should be used if the child's head is not supported by the seat of a head rest. Backless booster seats can be used if the back seat has a head rest that provides support to your child's head.

To move to a seat belt your child must – be tall enough to sit without slouching, be able to keep their back against the vehicle seat, be able to keep knees naturally bent over the edge of the seat and keep feet on the floor. Lap belt must lay snug across the upper thighs (not stomach) and shoulder belt should lie snug across the shoulder and chest, not across neck or face. Never let children put shoulder belt under their arm or behind their back. **Best Practice: Keep your child in the back seat because it is safer there.**

Parent Corner

Encourage your child to confide in you without fear of judgment or punishment. Understand that your child's friends are very important. You serve as a role model in terms of behavior, attitudes and morality. Establish fair, understandable rules around chores, screen time, homework, and bedtime, and **follow through with a stated consequence** when rules are broken. Maintain active communication with your child. An interest in your child's daily school activities and encouragement for your child's other activities promotes a sense of accomplishment and self-esteem. Resiliency comes from solving one's own problems, so get out of your child's way and let them practice when they face difficult peer challenges. Teach your child that problems never stop, they merely get exchanged. **Book Rec – [Teaching Your Child the Language of Social Success – Marshall P. Duke](#)**

Helping your kids make good decisions is more important than trying to protect them from everything. Good mentors engage with their kids about technology, actually playing games with them and talking about responsible internet and video game use. From the start, tell your children that you will be monitoring them. You may use tracking software on the internet to keep track of sites they have visited. This approach lets them know that you trust them, but you will be watching. You can also install a filter to block offensive websites. Be aware, however, that many children are smart enough to find ways around the filters.

6 Tips for Active Listening www.youtube.com/watch?v=oWe_ogA5YCU

Puberty: Girls typically begin puberty between 10-12 yo. Boys begin between 12-14 yo. It is not unheard of to start earlier. If your child is showing signs, let us know. Masturbation is a common part of self-discovery, and normal if it is private and not highly preferred over other activities. Avoid shaming your child for masturbating. **Book Rec – [It's NOT the stork! A Book about Girls, Boys, Babies, Bodies, Families and Friends – Robie H. Harris](#)**

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