

Six to Ten Year Well Check



345 Cypress Creek Rd. Suite 104
Cedar Park, TX 78613
Phone: 512-336-2777

www.cedarparkdoctors.com

HEIGHT _____ WEIGHT _____ BLOOD PRESSURE _____

IMMUNIZATIONS

It is common for children to experience some discomfort from today's Vaccine. The Following are NORMAL side effects.

- _ Soreness, redness, swelling, tenderness where shot is given
- _ Fever (usually low grade)

For relief, you may apply ice for first 24 hours/and Tylenol _____ dosage

Received vaccines to prevent:

- Dtap Hib Hepatitis A Hepatitis B Influenza MMR Polio Varicella (Chickenpox)
- Other _____

SHOULD YOUR CHILD EXPERIENCE

- _ Streaking @ Site of Injection
- _ Difficulty breathing
- _ Hoarseness or Wheezing
- _ Swelling of the throat
- _ Weakness
- _ Fast heart beat
- _ Dizziness
- _ Hives

CONTACT THIS OFFICE IMMEDIATELY 512-336-2777

NUTRITION

Nutrition is extremely important to you child's health. Healthy eating habits improve the way a person feels, looks, & performs, and helps protect against illness. The basic eating habits your child develops will likely stay with him for the rest of his life. Your child will follow your example in choosing what & how much to eat. In America, the incidence of childhood obesity has doubled in the past 20 years. Increases in adult obesity & heart-related disease are thought to be directly related to our poor diet. Excessively high-fat and high-sugar foods need to be limited. Children should eat foods rich in complex carbohydrates and fiber, such as whole grain bread, cereals, fruits and vegetables. At least 1/2 of your child's grains should be whole grain.

Five-a-day Rule

Your child should have a total of at least 5 servings of fruits and vegetables each day. This easy-to-remember rule should be used to plan your family's meals and snacks. Add fruits and vegetables at every opportunity. All meals should contain one or both of these food types. Fruits make excellent snacks and desserts. Optimal fruit and vegetable intake may reduce cancer and help prevent heart disease.

Liquid Intake

Unhealthy liquid intake can contribute to childhood obesity as just much as unhealthy foods.

1. **Milk:** Children ages 6-8 years-old need 2 cups (16 oz.) a day of milk or a milk equivalent to provide calcium and protein. Children 9 to 10 years of age need 3 cups (24 oz.)
2. **Juice:** 100% fruit juices are excellent vitamin sources and count as a fruit serving in the five-a-day rule. However, juice intake should be limited to about 8 oz. a day. Too much juice is associated with obesity. “Juice drinks” are NOT nutritious and are empty calories like soda.
3. **Soft Drinks (liquid candy):** Soft drinks & sport drinks are “empty calories.” The best way to limit these drinks is to not keep them in your home.
4. **Water:** Children should be encouraged to consume plenty of water.

Fiber Intake

Fiber comes from plants such as fruits, vegetables, and grains. Fiber is important in lowering cholesterol, reducing heart disease, and even preventing some cancers. A good rule for fiber intake is “Age Plus Five.” Your child’s age plus five equals the number of grams of dietary fiber he should eat daily. For example, a 6 year-old would need 11 grams of fiber a day; 25-30 grams of fiber a day are recommended for adults. Most fruits and vegetables have 2-4 grams of fiber per serving. Dried beans will have twice as much fiber. A slice of whole wheat bread has 2 grams of fiber, but a slice of white bread has only 0.5 grams. Reading labels will help you find out how much fiber is in your child’s food.

Breakfast

A nutritious breakfast is an important start to your child’s day. A balanced breakfast should include carbohydrates (fruits and / or cereals), protein (dairy products, meat, or eggs) and calcium (dairy products or calcium-fortified orange juice). Read labels & look for cereals with at least 2 grams of fiber per serving. Instead of sugar-sweetened cereals (which may have as much sugar as candy), sweeten cereal with fruit slices or raisins.

Lunch and Snacks

Check your school’s lunch program to see if it is low in fat & cholesterol. You may need to send a lunch to ensure that your child is eating healthy. Use low-fat cheese, turkey, roast beef, low-fat spread, peanut butter, and low-fat lunch meat (with less than 3 grams of fat per ounce) for sandwiches. Include a fruit in your child’s lunch. You may include lettuce, tomato, cucumber, etc. in a sandwich, or even send a salad.

For Healthy Snacks:

1. Pizza with low-fat cheese or small amounts of regular cheese. Canadian bacon has less fat than sausage.
2. Nachos with low-fat refried beans and cheese.
3. Tacos with beans added or substituted for meat.
4. Bagels, bagel chips, pretzels, baked potato chips, popcorn without butter.
5. Raw vegetables and fresh fruit.
6. Angel food cake, fig bar cookies, ginger snaps, graham crackers.
7. Sherbet, sorbet, or low-fat frozen yogurts.

Dinner

Plan meals to include a variety of fruits, vegetables, whole grains, rice, beans, & servings of lean meat.

1. **Meat and poultry:** Trim fat & remove the skin from chicken before cooking. Drain fat from ground beef after cooking. Broil, boil, roast, or grill rather than frying foods. Lean cuts of red meat include round, sirloin, chuck, loin and tenderloin.
2. **Fish:** Grill, poach or bake fish.
3. **Pasta:** Use tomato sauce instead of heavy cream sauces. Condensed skim milk may be used for a creamy sauce. Use light mayonnaise in salads. Use low-fat cheeses.
4. **Soup:** Use broth-based soups or cream soups made with skim or 1% milk. Add vegetables, barley, rice, lentils, pasta & bran to soups.
5. **Dessert:** Fresh fruit, cookies & cakes made with margarine instead of butter, skim milk or buttermilk instead of cream, low-fat yogurt instead of sour cream, and egg whites instead of whole eggs.

Food Group	Daily Recommendation	Tips
Grains (at least 1/2 should be whole-grain)	5 to 6 ounces	One ounce is considered: <ol style="list-style-type: none"> 1. a slice of bread OR 2. a cup of dry cereal OR 3. half a cup of cooked rice, pasta, or cereal
Vegetables (eat more dark green & orange veggies, dry beans and peas)	2 cups (vary your veggies)	One cup is considered: <ol style="list-style-type: none"> 1. a cup of cooked or raw vegetables OR 2. a cup of vegetable juice OR 3. 2 cups of green leafy vegetables OR 4. 1 cup of cooked dry beans or peas.
Fruits (eat a variety of fruits, not more than 8 oz. of fruit juice a day)	1 ½ cups	One cup is considered: <ol style="list-style-type: none"> 1. a cup of fruit (fresh, frozen or canned) 2. ½ cup dried fruit 3. a cup of 100% fruit juice
Milk and Milk Products (preferably low-fat, either skim or 1%)	2 cups (6-8 year old) 3 cups (9-10 year old)	One cup is considered: <ol style="list-style-type: none"> 1. a cup of milk or yogurt OR 2. 1 ½ ounces of natural cheese OR 3. 2 ounces of processed cheese
Meat and Beans	5 oz (4 oz. is about the size of a deck of cards)	One ounce is considered: <ol style="list-style-type: none"> 1. an ounce of meat, poultry or fish OR 2. ¼ cup of cooked dry beans OR 3. one egg OR 4. a tablespoon of peanut butter 5. a tablespoon of nuts or seeds

Dietary Guidelines

The USDA published new Dietary Guidelines in 2005. The Guidelines describe a healthy diet as one that:

- Emphasizes fruit, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, and eggs.
- Is low in saturated fat, trans fats, cholesterol, salt, and added sugar.

This report also emphasizes the need for daily exercise. All children and adolescents should spend at least an hour a day in moderately vigorous exercise. This report is available at <http://www.mypyramid.gov>.

Is my child overweight/obese?

With the prevalence of childhood obesity increasing at alarming rates in the US, this is an important question for you & your provider to discuss at your child's well visit. Obesity is associated not only with significant health problems during childhood, but is also a risk factor for medical problems in your child's adult life. Medical problems that can be seen in obese children include high cholesterol, high blood pressure, diabetes, obstructive sleep apnea, depression, and low self-esteem.

Body mass index (BMI) is widely used to help define overweight & obese children. It is the most effective tool to assess overweight & obese children because it correlates with body fat. It is a ratio of weight to the square of height and varies for age & gender. A BMI between the 85th and 95th percentile for age and sex is considered at risk for overweight and a BMI above the 95th percentile for age and sex is considered overweight or obese. BMI will be calculated at your child's well visit. Please discuss any concerns with your provider.

DEVELOPMENT

Your 6-10 year-old is in a period of great social & intellectual growth. He is learning how to use logic & reasoning as well as developing problem-solving skills. Your child must "find himself" and become more independent while developing relationships with friends & family members. The habits and behavior patterns that your child develops now will influence his health, well-being, and success in school, work, and close relationships for the rest of his life.

1. You are your child's most important role model. Whether you are responding to people less fortunate than yourself or choosing food, your child will be watching & imitating. Live the values you want your child to have.
2. Communicate with your child. Find opportunities to listen to his thoughts and fears. The better you know your child, the better you'll be able to meet challenges and help solve problems as they arise. Respect and even admire your child's unique character and personal skills.
3. Support your child in his ideas and be an advocate for him. Involve yourself in his activities guiding and encouraging his.

Physical Development

Your child will be growing steadily in these years. Most children this age grow about 2 inches a year. They may appear slim & their legs long in proportion to their bodies. Do not worry if people tell you that your child is too skinny unless your provider is concerned.

Your child's motor skills, strength, & coordination will improve. By 10 years, their skills (but not their strength) are almost equal to an adult. A 10 year-old may be able to catch a fly-ball, build a model, or learn to sew, but these would be very difficult for a 6-7 year-old. Try to notice your child's skills, but do not pressure your child to have unrealistic expectations.



Language/Speech

During these years, language becomes very adult-like. By age 6, all vowel & most consonant sounds should be pronounced well: f, l, sh, th, v are often just now becoming clear. By age 7, all consonants & all vowels should be pronounced well: ch, soft g as in "George", r, s, wh, & z are often the final sounds to become clear. If articulation problems persist, your child should be evaluated by a speech therapist.

Continue to read at least a ½ an hour a day to your 6, 7, & 8 year old. By 9 or 10 years of age, your child may prefer to read on his own.

Puberty Signs

Toward the end of this age period, puberty may begin. Girls may have breast bud development as early as 8 years-old, but 10 years is the average. Boys may have enlargement of the testes & thinning of the scrotum around age 11, but this may occur as early as 9 years of age. Soon after these early signs of puberty, pubic hair begins to appear. If your child is showing signs of puberty before these ages, please discuss with your provider.

Exercise and Sports

Encourage your child to exercise & to be active daily. Tell your child to "go outside and play." As your child's role model, get outside & play with your child. Sports programs can help your child develop motor skills & become physically fit. Before your child enters a program, evaluate your child's goals as well as your own. Good reasons to be in organized sports are to learn teamwork, to learn to deal with success & failure, and to learn that exercise is fun & can be a life-long pleasure. It is the life lessons that are important, not winning or losing. Work with your child to find what sport or physical activity best suits his or her personality.



Sleep: Children in this age group need about 10 - 11 hours of sleep a night.

Screen Time Recommendations:

Helping children develop healthy media use habits is important. The American Academy of Pediatrics recommends the following guidelines:

- For children 2 years and older, limit screen use to no more than 1 hour per day of high quality programming. Co-viewing with your child is recommended.

- All children and teens need adequate sleep, physical activity, and time away from media. Designate media-free times to be together as a family and media-free zones. Children should not sleep with electronic devices in their bedrooms, including TVs, computers, ipads and smartphones.
- Parents are encouraged to develop personalized media use plans for their children taking into account each child's age, health, personality and developmental age. Plans should be communicated with caregivers and grandparents so that media rules are followed consistently.

School

Make the effort to be involved in your child's education by meeting with your child's teacher at the beginning of each school year. Find out the teacher's expectations for your child's work & classroom behaviors. Sometimes the easiest way to keep in touch with your child's teacher is by sending a note whenever you have concerns, questions, or wish to set up a time to discuss your child's education.

1. **Learning problems:** If your child is having difficulties in school, you may consider the possibility of a learning disorder. Learning problems, especially if not evaluated & treated, may cause other emotional, behavioral and family problems. 10-20% of children have a type of learning problem. Three types of learning disorders include:
 - a. Problems with academic skills (reading, writing, math, or spelling)
 - b. Problems with language & speech
 - c. Problems with coordination, balance, and writing.



If you think your child may have a learning disability, ask the teacher (or school counselor or principle) to have your child tested for eligibility for special education services. Even if your child attends private school, the public school district in your area is still required to test your child & provide the needed services.

2. **Attention Deficit Hyperactivity Disorder:** ADHD is a developmental disorder that affects behavior, attention, & learning. Children with ADHD may have increased distractibility, impulsiveness, problems concentrating, easy, & dramatic mood swings. If you think your child may have ADHD, he should have a complete checkup & consultation with his provider. Your provider may refer you to other professionals to help diagnose or rule out ADHD. If your child has ADHD, he is eligible for special education services in the school district even if there is no additional learning disability.

SAFETY

Accidents are the greatest threat to the life & health of your child. More children die from injuries than all other diseases combined. Most injuries are preventable. As your child becomes more independent, it is especially important to teach safety rules.

Street Safety

Never allow your child to play in or near the street. Teach your child to stop at the curb and look both ways before crossing. Children under 8 years-old should not cross the street without adult supervision.

Bicycle Safety

A bicycle is your child's 1st vehicle & is a symbol of freedom. Unfortunately, each year many children are seriously injured & killed on bicycles when they fail to follow basic bike safety rules. Teach your child the "rules of the road:"

- Always wear a helmet, every time. Parents must wear helmets also when bike-riding. Set a good example. Helmets should also be worn when inline skating & skateboarding.
- Always ride on the right side of the street, with traffic. Children under 8 should not ride on the street without parental supervision.
- Never ride after dark (older teens & adults may ride with appropriate lights & reflectors).
- Oversized bikes are dangerous. Your child should be able to sit on the seat with hands on the handlebars; and place his feet on the ground. Foot brakes are better than hand brakes at this age.

Car Safety

Most children this age need to use a booster seat. In the past few years, safety experts have realized that children are switching to seatbelts too early. Children 40 to 80 lbs. and up to 4'9" need to be in a restraining booster seat. The safest place for all children, even through school age, is in the backseat of the car. Set a good example. Make sure that you and other adults buckle up.

Children can move out of the booster seat when the lap belt can be worn low and flat on the hips and the shoulder belt can be worn across the shoulder, rather than across the face or neck (usually at about 80 pounds and 4 feet 9 inches tall.

Water Safety

Swimming & playing in the water is fun and good exercise. Teach your child water safety to prevent drowning.

1. Teach your child to swim as soon as she is ready (about 5 years-old).
2. Only let your child swim while supervised by an adult who knows CPR.
3. If you own a pool, be sure it is enclosed in a fence with a self-closing, self-locking gate. Keep a life preserver & shepherds hook available.
4. Use a life vest when boating

Sun Exposure

Use SPF 15 or greater when your child is outside for more than a few minutes during the day. Avoid sun from 10:00 am to 4:00 pm. Sun exposure during childhood increases your child's chance of having skin cancer later in life.

Fire Safety

Teach and practice an escape plan for your house in case of fire. Do not smoke or allow smoking in your home. Remind your child how dangerous smoking is. Test the batteries on your smoke alarm every month to be sure that they work. Change batteries twice a year on dates that you will remember, such as daylight savings and standard time change dates.

Firearm Safety

Do not keep a gun in your home. If you must keep a gun, store it unloaded in a locked place, separate from the ammunition. Children in a home where guns are present are more likely to be shot by themselves, their friends or family members, than by an intruder. Handguns are especially dangerous. Ask if homes where your child visits have a gun and how it is stored.

During middle childhood the American Academy of Pediatrics recommends well check appointments yearly.

Please bring your child's immunization record to each Well Child Visit.

**Please visit our website at
www.cedarparkdoctors.com**

TB Questionnaire

Name of Child _____ Date of Birth _____

Organization administering questionnaire _____ Date _____

Tuberculosis (TB) is a disease caused by TB germs and is usually transmitted by an adult person with active TB lung disease. It is spread to another person by coughing or sneezing TB germs into the air. These germs may be breathed in by the child.

Adults who have active TB disease usually have many of the following symptoms: cough for more than two weeks duration, loss of appetite, weight loss of ten or more pounds over a short period of time, fever, chills and night sweats.

A person can have TB germs in his or her body but not have active TB disease (this is called latent TB infection or LTBI).

Tuberculosis is preventable and treatable. TB skin testing (often called the PPD or Mantoux test) is used to see if your child has been infected with TB germs. No vaccine is recommended for use in the United States to prevent tuberculosis. The skin test is not a vaccination against TB.

We need your help to find out if your child has been exposed to tuberculosis.

Place a mark in the appropriate box:	Yes	No	Don't Know
TB can cause fever of long duration, unexplained weight loss, a bad cough (lasting over two weeks), or coughing up blood. As far as you know: has your child been around anyone with any of these symptoms or problems? or has your child had any of these symptoms or problems? or has your child been around anyone sick with TB?			
Was your child born in Mexico or any other country in Latin America, the Caribbean, Africa, Eastern Europe or Asia?			
Has your child traveled in the past year to Mexico or any other country in Latin America, the Caribbean, Africa, Eastern Europe or Asia for longer than 3 weeks? If so, specify which country/countries? _____			
To your knowledge, has your child spent time (longer than 3 weeks) with anyone who is/has been an intravenous (IV) drug user, HIV-infected, in jail or prison or recently came to the United States from another country?			

Has your child been tested for TB? Yes___ (if yes, specify date ___/___/___) No___

Has your child ever had a positive TB skin test? Yes___ (if yes, specify date ___/___/___) No___

For school/healthcare provider use only

PPD administered Yes___ No___

If yes,

Date administered ___/___/___ Date read ___/___/___ Result of PPD test _____ mm response

Type of service provider (i.e. school, Health Steps, other clinics) _____

PPD provider _____
signature printed name

Provider phone number _____

City _____ County _____

If positive, referral to healthcare provider Yes___ No___

If yes, name of provider _____

