

8-10 Year Well Visits

What your child may be doing now:

- Show more independence from parents and family members
- Have a group of friends, usually of the same gender
- Know the difference between right and wrong
- Enjoy reading and solve simple math problems
- Have longer attention spans and cooperate more
- Do more coordinated tasks, like shoot a basketball
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Nutrition:

- Try to eat meals together as a family-children learn to eat healthy foods by seeing your example.
- Many children enjoy participating in planning and preparing meals.
- Offer a variety of healthy foods every day from all food groups
- Balanced eating includes dairy, fruits, vegetables, whole grains and lean proteins
- Children should have between 16-24 ounces of low fat milk daily
- Limit sugary snacks and drinks
- If you do not have fluoride in your water, ask your doctor for a fluoride prescription

Parenting:

- Your child should brush and floss teeth every day. Visit the dentist every 6 months
- Limit screen time to less than 2 hours daily
- Do not allow a TV or computer in your child's room

- Children should have between 9-12 hours of sleep nightly. Try to keep a bedtime routine
- Encourage your child to read for fun
- Encourage your child to play actively for at least 30-60 minutes/day.
- Encourage participation in after-school activities and sports, depending on your child's interests and skills.
- Try to establish a regular homework routine, with a set time, and quiet space for your child to work.
- Give your child chores to do with the expectation that they will be completed
- Puberty may begin as early as 8 for girls and 10 for boys.
- You may want to begin talking about puberty with your child.

Safety:

- Children should be in a belt positioning booster in the back seat until they are older than 8 years old OR 57.5 inches
- Use helmets on bikes, scooters, skateboards, skis, and other moving vehicles.
- Children should wear protective mouth guards for certain sports
- Be sure to have carbon monoxide and smoke detectors in your home. Create a fire escape plan.
- Let your child know that it is not appropriate for an adult to ask a child to keep a secret from you.
- No one should look at or touch your child's private parts, or ask him or her to look at or touch theirs.
- If you have guns in your home, keep them unloaded, and locked away. Ammunition should be locked away separately from the gun

- Use sun screen of at least SPF 30 whenever you are out.

When to call the office:

- Most children get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. Call our office if your child is acting very sluggish or irritable, has difficulty breathing, has a fever over 103-104°F for more than 2 days, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the

[Pediatric Advisor](#) section on our website

Vaccines at this visit:

- The AAP and CDC recommend a yearly [Flu shot](#) for all children during flu season (August through March)

Web Resources:

- [Choose My Plate](#)
- [CDC Healthy Families Site](#)
- [Websites for kids and teens](#)
- www.kidshealth.org
- [Keeping Kids Safe](#)