



Information for the 8-10 Year Old Well Visit

PNP Routine Vaccine Schedule

Vaccine Needed	Vaccines given at the 8-10 year old well visit	Vaccines given at the 11 year old well visit
Influenza	Given every fall if not already received for the current influenza season	Given every fall if not already received for the current influenza season
Tdap		Given at 11 year old visit and then every 10 years in adulthood
HPV		1st of 2 total doses
MenACWY (Meningitis)		1st of 2 total doses

Safety Tips and Recommendations

General Safety

- Ensure the child always wears a helmet when riding a bike/skateboard/scooter.
- Your child should be in a booster seat in the car until they are 8 years old OR 57 inches tall
- Talk to your child about street and stranger safety. Have them memorize your home address and a parent's cell phone number.
- Talk to your child about not allowing anyone to touch their private parts.
- Discuss with your child that there are no secrets between a child and parent.
- Create a safe environment which encourages them to ask all questions they may have.
- Teach your child how to respond to an emergency and how to dial 911.
- Be sure to have carbon monoxide and smoke detectors in your home. Create a fire escape plan for the family.
- If you have guns in your home, keep them unloaded, and locked away. Keep ammunition in a separate location.
- Discuss gun safety in general with your child. Teach your child to never touch a gun if ever found. Teach them to immediately tell the supervising adult if a gun is found.

Healthy Lifestyle
and Behavioral
Recommendations

- Encourage your child to have active time for at least 30-60 minutes a day.
- Read to your child every day.
- Make sure they brush their teeth twice a day and see a dentist every six months.
- Have regularly scheduled meals every day. Try to have family meals when you eat with your child.
- Don't buy junk food (if it isn't in the house, then they are less likely to eat it). Prepare healthy fruits and vegetables as ready to go snacks to increase ease and access for your child.
- Encourage your child to drink water throughout the day.
- Limit screen time (iphone/ipad/television/computer) to a total of 2 hours or less per day.
- Give your child a set of responsibilities to help with around the house.
- Consider time outs when necessary for the child to calm down and take a break.
- Ask your child how their mood is and talk to them about feelings.
- Your child may be starting puberty soon. If you start seeing signs of puberty, take time to discuss puberty with your child and the physical changes they can expect. Normalize the mood swings, irritability and intense emotions they may experience as their bodies produce more adult hormones. Share your experience of puberty with your child.