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Ten, Eleven and Twelve Years

Your next well visits are annual

Immunizations: A Tdap (tetanus-diphtheria- acellular pertussis) vaccine and a second varicella vaccine are required before 7th grade entry, or earlier depending on their birth date. The Influenza vaccine may be recommended depending on your child's health. Also, a meningococcal meningitis vaccine will be given once during middle school and 2 doses of the Human Papilloma virus (HPV) vaccine if started and completed by age 14. We will give the first HPV at age ten and the second at age 11, or at 11 and 12.

Screenings: Vision and hearing may be checked at this visit if you have any concerns. Other screening done at this age may include a tuberculin test (if indicated due to exposure to Tuberculosis) and blood pressure. We will do a lipid panel at the 10 year visit, particularly important at all annual well visits If there is a family history of elevated cholesterol.

Development: Body changes often begin during this time. In girls, breast buds can begin and may be sore initially. Before menses starts, there is often physiologic vaginal discharge for several months. Boys can also have breast buds briefly when their bodies begin developing. It is important to talk with your child about their changing body.

You may notice that your child is becoming private with their thoughts. It is important to know that you should continue to encourage conversation with your son or daughter. Ask more directive questions. Instead of asking "how was your school?" maybe ask "Did you teacher comment on your science project?".

You should speak to your child in a mature fashion. You should also allow them to choose and participate in some aspects of their life. For example, ask them what time they would like to start their home work.

Children at this age should be active for at least an hour a day and keep screen time to a set limit. One way to motivate your child to do their reading is making it a rule to earn their screen time after getting their daily reading done. Electronics should be monitored with a review of internet safety and polite use of social media.

Nutrition: It is important that your child eat a well-balanced diet. They should be eating at least 5 servings of fruits/vegetables a day and having at least 2 cups of low-fat milk or dairy source. Your child may develop strong food preferences and may refuse to eat some foods. Balance good nutrition with what your child wants to eat. This will gradually change as they are exposed to different foods outside your home. Make mealtimes pleasant and encourage conversation.

Should your child need antibiotics for an illness it is medically compatible to administer Tylenol or Motrin while taking antibiotics.

New Calcium and Vitamin D Recommendations

- Recommended daily calcium allowance: Depending on your child's age, please see if your child gets enough calcium from their diet and whether they need supplementation.

For all children over the age of 12 months, you will need to supplement calcium only if they are not getting enough through their diet. From 12 months until 4 years you give 700 mg, from 4 years until 8 years you give 1000 mg and 9 years to 18 years 1300 mg, 19 years to 22 years- 1000 mg.

Dietary sources of calcium examples:

Yogurt, low-fat 8 ounces- 300-400 mg
Mozzarella, part skim, 1.5 ounces- 300 mg



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Milk, lowfat, 8 ounces - 300 mg

- Vitamin D is 600 IU daily for children over 12 months.

Healthy living:

Screen time should be limited to 2 hours or less daily. The content of screen time should be monitored. Your child should be getting physical activity for at least 1 hour daily. Review of proper use of the internet and internet safety are strongly recommended. Children do better with a bed time, even as they become teens. We recommend keeping technology out of your child's bedroom to encouraging socializing and communication.

Safety:

Fires: Make sure your family has a home fire escape plan. Make sure to keep a fire extinguisher in or near the kitchen. Tell your child about the dangers of playing with matches or lighters. Teach your child emergency phone numbers and to leave the house if fire breaks out. Turn your water heater to 120°F (50°C).

Car Safety: Your child should always wear a seat belt in the car. Make sure and uses properly positioned belt-positioning booster seat in the back seat. Everyone in the family should lead by example and always wear their seat belts

Pedestrian and Bicycle Safety: Always supervise your child when they are crossing the street. Your child may start to look in both directions, but is not ready to cross a street alone. Your child should always wear a helmet when riding a bike. Make sure the helmet is properly fastened. Make sure the size of the bicycle your child rides is appropriate. Your child's feet should both touch the ground when your child stands over the bicycle. The top tube of the bicycle should be at least 2 inches below your child's pelvis. Do not allow your child to ride a bicycle near busy roads. All family members should ride with a bicycle helmet as well.

Strangers: Remind your child never to go anywhere with a stranger. Discuss safety outside the home with your child. Be sure your child knows her home address, phone number and the name of her parents' place(s) of work.

Dental Care: Your child should brush his teeth at least twice a day. It's always good to check your child's teeth after they brush. Flossing the teeth before bedtime is also recommended. Your child should visit the dentist twice a year. The grooves on the permanent teeth are prone to cavities. Parents and dentists need to watch the teeth carefully and consider whether sealants (plastic coatings that adhere to the chewing surface of the molar teeth) may help prevent tooth decay.

Sleep: Everyone should continue to get adequate sleep. For children 10 years of age, the suggested bedtime is 8-9 pm and slightly later for older children.



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Behavior: *Peer acceptance becomes more important during these ages. They may take part certain behaviors to be part of the group. It is important to talk with your child about these behaviors and what is expected behaviors as defined by you.*

Lying, cheating and stealing are behaviors that children may start to exhibit. They are learning to negotiate the expectations and rules placed on them by family, friends and school. You, as the parent, should deal with these behaviors promptly. You should be able to use forgiveness but also know that they have consequences for their actions.

Suggested Reading for Parents:

Caring for Your School Age Child: Ages 5-12, Edward L. Schor

How to Discipline Your Six To Twelve Year Old Without Losing Your Mind, Jerry L Wyckoff, Barbara C Unell

When Your Child Is 6-12, John M Drescher

1-2-3 Magic: Effective Discipline for Children 2-12 , Thomas W. Phelan PhD