



CHILD CARE FROM 6 TO 11 YEARS

www.northfultonpediatrics.com

770-442-1050

SUGGESTED DIET: You need to continue to offer your child selections from the basic food groups at all meals and snacks. They should follow the same recommended low fat, low cholesterol diet that you do. It is not necessary to totally eliminate higher fat foods from your child's diet, rather serve them in moderation and balance them with more frequent servings of lower fat choices.

Milk & Dairy Products: 3 servings (8 oz. per serving) per day. 1% or skim milk is recommended. Other milk products include yogurt, cottage cheese, ice cream or frozen yogurt. 1 ounce of cheese is equivalent to about 6 oz. milk. Calcium fortified orange juice is one good alternative for children who will not drink much milk.

Meat/Protein: 3 servings of meat, poultry, fish, eggs, beans or nuts per day. A serving size is 2 – 3 ounces (6 tablespoons).

Fruits & Vegetables: Fill half the plate with fruits and vegetables. 3 servings per day of fruit and 4 servings per day of vegetables. A serving size is ½ cup or 3 tablespoons, or a medium size whole fruit (like an apple or banana).

Breads & Cereals: 5 servings per day of whole grains such as wheat cereal, brown rice or oatmeal. A serving size is 1 slice of bread, 1 ounce of cereal, or ½ cup pasta or rice.

- Don't worry if your child's food intake is inconsistent. A decreased appetite or "picky eater" at this age is normal. If you offer the appropriate foods at each meal, and avoid multiple non-nutritious snacks, then your child will receive an adequate diet by eating when they are hungry.
- Some healthy snack suggestions include: yogurt, string cheese, raisins, graham crackers, pretzels, fresh fruit, raw vegetables with fat free ranch dip, fruit smoothies, popcorn without butter.

DENTAL HEALTH

Continue good dental care. Your child will still need reminding about brushing and flossing. They should visit the dentist every 6 months for cleaning and routine checkups. The average child loses their first primary tooth at about age 6 ½.

ACTIVITY – A WAY OF LIFE

- Physical activity should become as routine a part of their lives as eating and sleeping. Set a good example by making it part of your life too.
- Exercise increases cardiovascular endurance, improves large muscle strength, and increases flexibility.
- Organized sports are an important way to enhance self-esteem. Find a sport that fits your child's ability and personality.
- Don't let the TV become a major pastime for your children. Monitor what they watch as well as how much time (1 1/2 to 2 hours daily maximum) they spend watching TV, video and computer. A TV in your child's room is a proven risk factor for obesity.

CHORES AND ALLOWANCE

This is a good age to encourage your child to help with simple household chores. It helps them organize their time, lets them feel like a part of the family, and can give them a sense of accomplishment. Remember to fit the job to your child's age. Some examples might be: empty the dish washer, set the table and clean up after dinner, empty trash, and straighten their rooms.

Sometime during this age span, children can handle an allowance, (usually at age 8 when they begin abstract thinking). There are differing opinions about why you give an allowance. Some believe allowance depends on the number of chores the child does around the house. Others feel that household chores are part of being a family and should not necessarily be rewarded. The allowance is given to encourage the child to learn about managing money. It can be spent on established miscellaneous items, saved, or given to charity.

COMMUNICATION AND DISCIPLINE

Communication is how you convey love, acceptance, and approval, as well as discipline. Here are some points to keep in mind as you communicate with your child:

- Listen actively. Make and keep eye contact. Be honest.
- Show respect for their ideas and feelings. Avoid sarcasm, hurtful teasing, blaming, fault finding, or embarrassment.
- Use "I" messages and avoid "you" messages and put-downs.
- Refrain from disciplining your child in front of their friends.
- Try not to respond in an emotional manner, which is unproductive.
- Be as consistent as possible with all of your children; but recognize that each child's temperament may require some modifications in your approach.

Make sure your disciplinary action is appropriate to the behavior and your child's age. It is essential to deal with misbehavior promptly rather than waiting so long that your child forgets why they are being disciplined. Withdrawal of privileges is often an effective consequence for repeated unacceptable behavior. Make sure expectations of your child are realistic and appropriate. Be sure to praise and reinforce the specific behaviors that you like. Set limits and choose your battles as you see fit. Encourage your child to express their emotions through words instead of aggressive actions.

SAFETY

In middle childhood, accidents are responsible for more deaths than any other cause. This is an important age to stress safety and prevention of injury in all activities.

- Teaching bicycle safety must be ongoing. Your child should be wearing an approved helmet, have an appropriate size bike, and know traffic rules.
- Teach street safety. Instruct your child to always stop at the curb, and never cross the street without looking both ways.
- Teach children to take responsibility for buckling their own seatbelts. The shoulder belt should never be positioned under your child's arm. The AAP still recommends booster seats until your child weighs 60 – 80 pounds. The safest place for them to sit is the backseat until age 12, even if there is no passenger-side airbag.
- Establish rules prohibiting the use of matches, firecrackers, and lighters, as well as unsupervised use of the stove.
- Ensure safe after-school child care.

- Review with them who are appropriate people to ask for help if they are injured, lost or afraid, as well as stranger safety instructions.
- Check your smoke detectors twice a year when daylight savings time changes are made. Purchase a collapsible ladder that stores under a bed for upstairs rooms as a fire escape.
- Have a family fire drill and establish a meeting place outside the house. Consider reflective tape arrows on baseboards from rooms to outside.
- Keep guns locked up and out of reach. Prohibit your children from touching them at home or anywhere else.
- Counsel about avoiding drugs, alcohol, and tobacco.

PUBERTY

- Prepare your child for body changes during puberty. Some girls are beginning to have these body changes as early as 8 years old and some boys at 9 years. Reinforce personal hygiene.
- Answer questions simply and honestly. Read age appropriate books on puberty together.
- Respect your child's need for privacy as it occurs. If your child is uncomfortable about you seeing them undressed, it is probably time for you to also start being more modest around them.

Your child's next well childcare visit should be in one year.

Additional Resource for Parents

Visit our web site at www.northfultonpediatrics.com

Caring for your School Age Child, Ages 5 to 12, by American Academy of Pediatrics

Siblings without Rivalry by A. Faber and E. Mazlish.

The Care and Keeping of You (The Body Book for Girls), American Girl Library

The Period Book by Karen Gravelle

Positive discipline by Jane Nelson

www.aap.org/bookstore

www.chop.edu/service/vaccine

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