



Pediatric and Adolescent Medicine

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HEALTH MAINTENANCE INFORMATION SHEET – AGE 6-9 YEARS

Date	Age	Wt	Ht	BP	Next Appt.
Acetaminophen Dosing: Children’s Suspension (160mg/5mL)			Ibuprofen Dosing: Children’s Suspension (100mg/5mL)		
Acetaminophen Dosing: Children’s Chewable (80mg chewable)			Ibuprofen Dosing: Children’s Chewable (100mg chewable)		

NUTRITION

- Set a good example with sensible lunch box stuffers and healthy snacks: fresh or dried fruit, raw veggies, whole grain breads, yogurt, tuna, and PBJ. Remember to get 5-7 servings of fruits and vegetables and 4 calcium-rich foods daily.
- Keep fast food restaurant visits and carbohydrate snacks under control.
- Watch hydrogenated oils and saturated fat content.
- Continue Vitamin D and Calcium supplementation with poor dairy intake.

DEVELOPMENT

- Children show an increasing sense of independence and self-identity, and are increasingly able to take responsibility for personal hygiene, chores around the house.
- Peer groups are more important as "standard setters".
- Group activities, team sports that are age appropriate.
- Have maturing sense of life cycle, right & wrong, fair play and justice; teach self-respect and respect for others

IMMUNIZATIONS & PROCEDURES

- As needed PPD (TB Test) test, urinalysis, blood counts (CBC), or cholesterol.
- Catch-up boosters if needed.

EDUCATION

- Early elementary school years are truly the wonder years: child masters basic reading and math skills and how to behave and perform in-group settings.
- Increasing cognitive skills make this a good time to be on lookout for signs of learning disabilities.
- Establish quiet, spacious place for your child to do after schoolwork: early evening (after wind down time and before bedtime or energy wane) is a good time for homework.
- Encourage reading (get a library card) and hobbies. This is a good time to help your child appreciate music, art, and sports.

ACCIDENT & SAFETY

- Always use car seat and/or seat belts. NO FRONT SEATS! Car seat/ booster until 4 feet 9 inches and between 8-12 years old.
- Child should know address and telephone number(s). Practice fire escape routes in home.
- Rules for crossing streets, playing near streets or swimming pools should be firm. Teach your child to swim.
- Teaching children to be outgoing and friendly on one hand but wary and cautious around strangers on the other is a "fact of life that must be reinforced."

MISCELLANEOUS

- Visit family values and what the expectations are for the child. How are your rules similar or different from a friend's or neighbor's and the reasons for that. Talk to your children about drugs & tobacco.
- Continue to monitor and select appropriate TV programs and movies.
- Set time limits for total amount of TV, computer and video games.
- Every child needs to be good at something: find an activity in which your child can excel and help with your support and participation. Regular physical activity is important (Minimum of 30-45 minutes aerobic activity daily). Don't let your child become a couch potato.
- Be sure your child pays attention to personal hygiene- brushes teeth twice daily, bathes or showers, washes hands frequently and before meals. Washing hands has been proven to be the #1 way to prevent infection.

RESOURCES

- Community and School Programs- sports, music, art, and drama
- Library
- Audubon Naturalist Society (great nature programs)
- National Zoo (Be a FONZ!)