



## Anticipatory Guidance - 10 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying
- Computer use/safety

### Development and Behavior

- Promote self-responsibility
- Discuss puberty and physical changes/sexuality
- Encourage constructive conflict resolution, demonstrate anger management at home
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of accomplishment and increase self-confidence
- Limit TV/computer time to 2 hours/day
- Get to know child's friends and their parents
- Discuss school activities and school work
- Provide space/time for homework/personal time

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Healthy weight
- Importance of breakfast
- 5 servings fruit/vegetables daily
- Limit juice/ensure adequate calcium intake

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Establish personal hygiene routine
- Encourage outdoor play for 1 hour/day

### Safety

- During sports wear protective gear at all times
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Discuss drug/tobacco/alcohol use and peer pressure
- Lock up guns
- Promote use of seat belt and ride in back seat until 12 (13) years old
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach self-safety if feeling unsafe at friend's home/car, answer the door/telephone when adult not home, personal body privacy
- Use of helmet when riding bicycle, skating etc.