

# Health and Wellness: 7 to 11 Years

## Development

- All aspects of your child's development (physical, social and mental skills) will continue to grow.
- Your child may have questions or concerns about puberty.
- Your child may want to participate in new activities at school or join community education activities (such as soccer) or organized groups (such as Girl Scouts).
- Friendships will become more important. Peer pressure may begin.
- Set up a routine for talking about school and doing homework.
- The American Academy of Pediatrics recommends setting a screen time limit that is right for your child and the whole family.
  - Screen time includes watching television and using cellphones, video games, computers and other electronic devices.
  - It's important that screen time never replaces healthful behaviors such as physical activity, sleep and interaction with others.
- Spend at least 15 minutes a day reading to or reading with your child. This time should be free of television, texting and other distractions.

Reading helps your child get ready to talk, improves your child's word skills and teaches him or her to listen and learn. The amount of language your child is exposed to in early years has a lot to do with how he or she will develop and succeed.

- Teach your child respect for property and other people.
- Give your child opportunities for independence within set boundaries.

## Food and Beverages

- Between ages 7 to 8, your child needs at least 1,000 mg of calcium each day. Between ages 9 to 11, your child needs at least 1,300 mg of calcium each day.
- Your child needs at least 600 IU of vitamin D each day.
- Milk is an excellent source of both calcium and vitamin D.
- Your child needs 8 to 10 mg of iron each day. Good sources of iron are lean beef, iron-fortified cereal, oatmeal, soybeans, spinach and tofu.
- Help your child choose fiber-rich fruits, vegetables and whole grains. Choose and prepare foods and beverages with little added sugars or sweeteners.
- Offer your child healthful snacks such as fruits, vegetables, healthful cereals, yogurt, pudding, turkey, peanut butter sandwich, fruit smoothie, or cheese. Avoid foods high in sugar or fat.
- Let your child help select good choices at the grocery store, help plan and prepare meals, and help clean up. Always supervise any kitchen activity.

**(over)**

- Limit soft drinks and sweetened beverages (including juice) to no more than one small beverage a day. Limit sweets, treats and snack foods (such as chips), fast foods and fried foods.

## Physical Activity

- The American Heart Association recommends children get 60 minutes of moderate to vigorous physical activity each day. This time can be divided into chunks: 30 minutes physical education in school, 10 minutes playing catch, and a 20-minute family walk.
- In addition to helping build strong bones and muscles, regular physical activity can reduce risks of certain diseases, reduce stress levels, increase self-esteem, help maintain a healthy weight, improve concentration, and help maintain good cholesterol levels.
- Be sure your child wears the right safety gear for his or her activities, such as a helmet, mouth guard, knee pads, eye protection or life vest.
- Check bicycles and other sports equipment regularly for needed repairs.
- You can find more information on health and wellness for children and teens at [healthpoweredkids.org](http://healthpoweredkids.org).

## Sleep

- Children ages 7 to 11 need at least 9 hours of sleep each night on a regular basis.
- Help your child get into a sleep routine: washing his or her face, brushing teeth, etc.
- Set a regular time to go to bed and wake up at the same time each day. Teach your child to get up when called or when the alarm goes off.
- Avoid regular exercise, heavy meals and caffeine right before bed.
- Avoid noise and bright rooms.
- Keep the TV out of your child's bedroom.

## Safety

- Use an approved booster seat for the height and weight of your child every time he or she rides in a vehicle.
- Your child needs to stay in a booster seat until he or she is at least 4 feet 9 inches or taller. The lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not across the neck or face.
- Your child should ride in the back seat until age 13.
- Be a good role model for your child. Do not talk or text on your cellphone while driving.
- Do not let anyone smoke in your home or around your child.
- Practice home fire drills and fire safety.
- Supervise your child when he or she plays outside. Teach your child what to do if a stranger comes up to him or her. Warn your child never to go with a stranger or accept anything from a stranger. Teach your child to say "NO" and tell an adult he or she trusts.
- Enroll your child in swimming lessons, if appropriate. Teach your child water safety. Make sure your child is always supervised and wears a life jacket whenever around a lake or river.
- Teach your child animal safety.
- Teach your child how to dial and use 911.
- Keep all guns out of your child's reach. Keep guns and ammunition locked up in different parts of the house.
- Keep all medicines, cleaning supplies and poisons out of your child's reach.
- Call the poison control center (1-800-222-1222) or your health care provider for directions in case your child swallows poison. Have these numbers handy by your telephone or program them into your phone.

## Self-esteem

- Provide support, attention and enthusiasm for your child's abilities, achievements and friends.
- Support your child's school activities.
- Let your child try new skills (such as school or community activities).
- Have a reward system with consistent expectations. Do not use food as a reward.

## Discipline

- Teach your child consequences for unacceptable or inappropriate behavior. Talk about your family's values and morals and what is right and wrong.
- Use discipline to teach, not punish. Be fair and consistent with discipline.
- **Never shake or hit your child.** If you think you are losing control, make sure your child is safe and take a 10-minute time out. If you are still not calm, call a friend, neighbor or relative to come over and help you. If you have no other options, call First Call for Help at 651-291-0211 or dial 211.

## Dental Care

- The first set of molars comes in between ages 5 and 7. The second set of molars comes in between ages 11 and 14. Ask the dentist about sealants, coatings applied on the chewing surfaces of the back molars to protect from cavities.
- Make regular dental appointments for cleanings and checkups. (Your child may need fluoride supplements if you have well water.)

## Eye Care

- Make eye checkups at least every 2 years. A simple eye test will be part of the regular well checkups.

## Lab Work

- Your child will need a blood test to check his or her cholesterol once between the ages of 9 and 11. Cholesterol is a fat-like substance found in the blood. High total cholesterol increases the risk of future heart disease.
- Your child will need to have the following tests once between ages 11 to 12:
  - Urinalysis – This is a urine test to look for kidney problems, diabetes and/or infection
  - Hemoglobin – This is a blood test to check for anemia, or low blood iron

## Immunizations (Shots) Today

Your child may receive these shots at this time:

- Tdap (tetanus, diphtheria, and acellular pertussis): ages 11 to 12 years
- influenza.

Your child may be eligible for:

- MCV4 (meningococcal conjugate vaccine, quadrivalent): ages 11 to 12 years
- HPV (human papilloma virus vaccine; 2 dose series): ages 11 to 12 years

Talk with your health care provider for information about giving acetaminophen (Tylenol®) before and after your child's immunizations.

## Your Child's Next Well Checkup

- Your child should have a yearly well checkup through age 20.
- Your child may need a shot for influenza.

Talk with your health care provider for information about giving acetaminophen (Tylenol®) before and after your child's immunizations.