

Name \_\_\_\_\_

Date \_\_\_\_\_ Height \_\_\_\_\_

Weight \_\_\_\_\_



**Children's**  
Healthcare of Atlanta

## Well Child TIPS FOR TAKING CARE OF YOUR 10-YEAR-OLD

**CHILDREN ARE CONSTANTLY CHANGING.** And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

### SAFETY

- Remind your child to buckle his safety belt every time he rides in a car. For more information on seatbelt safety, please visit our Web site at [www.choa.org](http://www.choa.org). Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- A child between the ages of 9 and 12 should have limited time home alone. Know your own child's maturity level.
- If your child has to let himself into the house after school, give him a key or hide it in a safe place. Tell him to lock the door behind him and call you or a trusted neighbor to say he's safe at home.
- Teach your child how to answer the phone if he's home alone. Tell him to say his parents are busy and ask to take a message or teach him to screen calls with an answering machine. If the caller scares him, tell him to hang up and call you, a trusted neighbor or 911.
- If your child is walking home from a neighbor's house at dusk, make sure he wears light-colored clothes and walks with a buddy. He should not walk alone at night.
- Teach your child to cross railroad tracks only at the grade crossing and to obey all signs and signals. Tell him that walking on railroad tracks and playing around trains are dangerous and against the law.

- If your child plays basketball or other outdoor games, remind him not to run into the street after a ball or for any other reason. Cars cannot always stop and drivers may not see him.
- Washing hands is the most effective way to stop the spread of germs. Teach your child to wash his hands thoroughly with warm, soapy water before he eats or drinks and after he uses the toilet, blows his nose, sneezes or coughs.

### NUTRITION

- Your child is most likely to eat healthy foods if you eat healthy foods.
- Make family meals a normal event in your home. Make meals together a priority and turn off distractions such as television.
- Keep conversation at meals pleasant. Leave discussions of conflict for a different time. Children regulate their eating best in a calm, supportive environment.
- Set a slow pace for eating so that everyone can tune into their eating and enjoy the food.

### DEVELOPMENT

- At this age, your child can run errands close to home or do small jobs on his own. Give him these responsibilities.
- Puberty has probably already started in girls and may have started in boys. Girls will begin to grow breasts and, in some cases, start their periods. A boy's penis and testes will grow. Both boys and girls may begin to get pubic hair. Ask your child's healthcare provider for suggestions on good books or articles you can share with your child about puberty. You can also ask for the publications "Tips For the Adolescent Boy" or "Tips For the Adolescent Girl."



- Many girls and boys will not show any signs of puberty until they are older. This is normal. Ask your child's healthcare provider if you or your child have any concerns.
- Sometimes your child may lose his temper. Try to find out what is bothering him if he does. Most of the time he should be cooperative and get along well with others.
- Your child should have a good sense of time by now. He should know the difference between 30 minutes and one hour or a decade and a century.

**PARENTING**

- Let your child help make decisions as much as possible.
- Have a "kids' night" and invite your child's friends over for dinner and games. Let your child play "host" and plan the night (within your rules). It is a great chance for you to get to know your child's friends and for them to get to know you, too. It also will help your child feel good about having his friends over.
- When you need to discipline your child, do it privately. It is helpful to discuss rules before your child has the opportunity to do something wrong. Let your child know your expectations and consequences. It is important to follow through with consequences when rules are broken.

**NEXT VISIT** \_\_\_\_\_

Until your next appointment, you may call your child's healthcare provider if you have any questions about keeping your child safe and healthy. If your child's healthcare provider is unavailable, call the Children's Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children's Web site at [www.choa.org](http://www.choa.org) for more information.

**SPECIAL INSTRUCTIONS** \_\_\_\_\_

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*NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child's healthcare provider.*