



## YOUR CHILD AT 10 YEARS

### Nutrition:

Well balanced diet. If child refuses food once, offer it again later. 8 to 10 ounces of milk per day, plus cheese, or yogurt to give 3-a-day Give 5 servings per day of fruit and vegetables. Encourage water not juices. Breakfast an important meal. Avoid excessive junk food.

### Safety:

- Seat belts .Sit in the back seat of car
- Appropriate sports safety.
- Internet Security

### Hints:

- Encourage child to engage in regular physical activity.
- Establish rules with respect to bedtime. TV, and chores.
- Spend active time with the child on a daily basis.
- Show an interest in your child's school activities.
- Provide an allowance as well as guidance in using money.
- Contribute to building child's self esteem.
- Encourage reading and hobbies.
- Promote your child's activities outside the home

### Normal Development:

#### 10 to 11 Years Physical:

- Physical growth and development varies enormously among this age group.
- Is energetic and spirited.
- Is usually awkward.
- Strives to be physically fit.
- May be curious about alcohol, tobacco, and drugs.
- Continues to enjoy bathroom humor.

### Emotional:

- Fluctuates between dependent child and independent pre-teen.
- Becomes increasingly self-conscious.

### Social:

- Seeks approval for being good from significant people.
- Becomes preoccupied with opposite sex.
- Relates to peer group intensely and abides by group decisions.
- Gives in to peer pressure more easily.
- Does not want to be different.
- Continues to participate in small groups of same sex.
- Confides constantly in best friend.
- Can be fickle.

### Mental:

- Is eager to learn and master new skills.
- Is proud of doing things well.
- Is concerned about personal capabilities.
- Has internalized standards of right and wrong to some degree.
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### Next Visit Immunization:

- Menactra, Gardasil, Boostrix