



8-9-10 Year Old Information Sheet

Londonderry Pediatrics

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Nutrition

Your child's appetite may be increasing; offer a variety of fruits and vegetables. Allow your child to help plan family meals, teaching them what makes a nutritious meal. Provide 16-24 oz of milk each day. Offer water to drink, limiting soda and juice.

Stooling and voiding

If your child is still wet at night, be patient this generally will improve over time.

Stooling patterns vary widely from once every three days to three times a day. Stool shouldn't plug the toilet.

Oral Health

Your child should be brushing twice a day. Be sure they are brushing well by checking after they brush. Fluoride should either be in your water or given as a prescription supplement. See a dentist twice a year.

Sleep

Eight to ten hours of sleep is recommended. Sleep cycles can be disrupted when a television or video system are in a child's room.

Safety

Use bike helmets and seat belts. Ensure water safety. Use sun screen. Continue to supervise your child's activity. Know their friends. Enforce playing sports safely. Trampolines are dangerous.

Maintain a smoke free environment, while continuing to give your child a negative message about tobacco use. Discuss drugs and alcohol.

Lock up medicines, guns and matches.

Reinforce fire safety. Have an emergency escape plan for your family, practicing it with family fire drills. Check the function of smoke and carbon monoxide detectors frequently. Remind your child about 911.

Activities

Praise and encourage talking and expression of feelings. Encourage reading while limiting screen time. Make room for family activities and trips.

Reinforce personal hygiene and responsibility around the home such as daily chores.

Use teachable moments to discuss pubertal changes and questions about sex.

Behavior

Reinforce limits and provide appropriate consequences. Never hit your child. Encourage self discipline. Teach right from wrong and respect for authority and family rules.

School

Be actively involved with your child's educational process. Provide a safe after school environment. Provide rules for being home alone while reinforcing stranger safety.

Illness

Signs of illness may include fever, vomiting, diarrhea, irritability, lethargy, rash, or cough. If you are concerned about your child or these symptoms, feel free to call our office for advice or an appointment.