## Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

## **10 Year Old Well Visit**

Growth & Development Milestones	Personal Health & Wellness
✓ Is energetic and spirited but usually awkward	✓ Set good examples regarding diet and exercise
✓ Strives to be physically fit & fascinated with how	✓ Use meal times to discuss your child's day
the body works	✓ Be aware of progress and concerns at school
✓ May be curious about drugs, alcohol, and tobacco	✓ Offer healthy snacking options
✓ Enjoys bathroom humor	✓ Encourage 2-3 servings of dairy daily for bone
✓ Back and forth between dependent child and	growth & avoid juices or limit to 4 ounces/ day
independent pre-teen	<ul> <li>Limit junk foods, soda pop and fatty/fried foods</li> </ul>
✓ More self-conscious	✓ Encourage at least 1 hour of physical activity daily
✓ Approval seeking and vulnerable to peer pressure	<ul> <li>Don't allow competition to get out of hand;</li> </ul>
<ul> <li>Always thinking about the opposite sex</li> </ul>	encourage personal bests
<ul> <li>Plays in small groups and confides in a best friend</li> </ul>	✓ Allow choice when reasonable
<ul> <li>Eager to master new abilities &amp; concerned about</li> </ul>	✓ Limit screen time to less than 2 hours per day and
personal abilities	carefully monitor programming and websites
<ul> <li>Has own standard of right and wrong</li> </ul>	<ul> <li>Brush twice a day and floss daily</li> </ul>
Fire Safety & Burns – Water Safety	Home & Personal Safety
<ul> <li>Test smoke detectors 2x/year</li> </ul>	✓ Be aware of the dangers of outdoor trampolines
<ul> <li>Install CO alarm near sleeping areas</li> </ul>	✓ Insect repellent (<10% DEET) may be applied once
<ul> <li>Keep matches and lighters out of reach</li> </ul>	daily; wash off before bedtime
<ul> <li>Have fire escape plan and PRACTICE!</li> </ul>	✓ Children require a tobacco free environment at all
✓ Water heater should be set at 120 degrees or less	times
✓ Watch for burn risks: stoves, space heaters, irons,	✓ Don't forget sunscreen!
fireplace	<ul> <li>Wear helmets while riding bicycles, scooters,</li> </ul>
<ul> <li>Always supervise around open water – this age</li> </ul>	skateboards or roller blades
group becomes risk takers!	✓ Belted in the back seat until 15yrs or 57 inches!
For more information on normal growth and	Helpful resources:
	Symptom Checker, Immunization Schedule, Medication
development:	Dosing and Nutrition
http://www.bloomfieldpediatriccare.com/normal-	http://www.bloomfieldpediatriccare.com/pediatric-health-
development/normal-development-10-years-old/	topics/
Office Hours:	Poison Control (800) 222-1222
Monday – Friday 9:00 am to 5:00 pm	Child Safety Seat Inspection:
Saturday (Sept – May) 9:00 am to 12:00pm	1-866-SEATCHECK; www.seatcheck.org
Phone Number (248) 451-0600	Beaumont Pediatric After Hours Clinic
Answering Service (248) 858-6888	Royal Oak Troy
	(248) 551-0222 (248) 964-2888
	(240) 331-0222 (240) 304-2000