

## SCHOOL AGE (5 to 11 years old)

### **NUTRITION**

Your child's growth rate will be in small spurts during childhood. Your child's appetite may also vary. As long as you are building and modeling good eating habits, do not worry. Continue to offer regular nutritious meals and scheduled snacks. Your child should be brushing her own teeth, though some supervision may be required. Regular dental visits should continue.

### **SAFETY**

Seat belts are a **must** (and also the law). Children under 13 are safer in the back seat of an automobile. All persons should be belted firmly in their seats when in an automobile. Be a good example. Helmets should be worn while cycling and roller blading. They should also wear wrist guards and knee pads. Continue to discuss stranger safety with your child. If you have a firearm, store it locked and separate from ammunition. Safety Laws change; awareness on your part will help you comply with these and better protect your child.

### **DEVELOPMENT/EDUCATION**

Learning is very exciting. There is much to learn and each of us has a different way of learning. Explore with your child their learning style. Be actively involved with your child's learning processes at home and school. **You are your child's most important teacher.** Continue to encourage reading on a regular basis. Spend time talking with your child each day – this will establish good patterns of communication before your child enters adolescence. **Actively encourage and support your child in regular exercise.** Limit TV and computer time as much as possible, these activities promote childhood obesity.

### **DISCIPLINE**

Part of loving your child includes training him for now and in the future. Independence should be encouraged but molded -- defiance should not be tolerated. Consistent boundaries actually help your child develop a healthy self esteem and let her know she is loved and cared for. Rules that are *consistent*, immediately and appropriately enforced will be more effective than inconsistent enforcement of multiple rules. Loving yet firm discipline helps your child develop a healthy mindset that is not self-centered or unpleasant, but helps him to be self- controlled, outwardly focused, and a joy to be with. This is a very big job. Also, continue to help your child develop respect toward authority figures, including you. You are your child's most important teacher. Many books have been written, and you may find these helpful:

[The New Dare to Discipline](#) by James Dobson  
[Good Behavior](#) by Stephen Garber  
[How to Really Love Your Child](#) by Ross Campbell  
[Shepherding a Child's Heart](#) by Ted Trip

[The Strong Willed Child](#) James Dobson  
[Ready for Responsibility](#) by Dr. Bob Barnes  
[Age of Opportunity](#) by Paul Tripp

### **NEXT APPOINTMENT**

We recommend school age children receive checkups once every 1-2 years or more often if you are concerned about a specific area of your child's growth or development. Reminder: Immunization schedules are ever changing. Ask if your child is up to date.