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Wt. _____ % Ht. _____ % BMI _____ % B/P _____ P _____

TEN YEAR VISIT

Healthy Habits

- *Ensure adequate sleep
- *Encourage physical activity, personal hygiene
- *Monitor TV and music
- *Counsel about avoiding tobacco, alcohol, and drugs

Injury Prevention

- *Continue some supervision
- *Reinforce safety lessons and rules for emergencies, water safety, bicycle safety, seat belts in back, helmets, mouth-guards, protective sports gear, and sunscreen
- *Keep guns locked up

Nutrition

- *Eat some family meals together
- *Teach about healthy choices for breakfast, lunch, dinner, and nutritious snacks

Oral Health

- *Brush teeth
- *Make appointment with a dentist
- *Ask about fluoride
- *Learn dental emergency care
- *Discuss dental sealants

Sexuality Education

- *Prepare child for puberty and sexual development
- *Answer questions
- *Encourage Abstinence

Family

Relationships

- *Serve as role model for ethical behavior and healthy habits
- *Listen, show respect and interest in activities
- *Do activities together
- *Show affection
- *Set reasonable but challenging expectations
- *Encourage good sibling relationships
- *Know your child's friends and their families

Community

Interaction

- *Ask for referrals for financial assistance, Medicaid, food, housing, transportation
- *Re-examine childcare
- *Encourage school, cultural, and community involvement
- *Advocate for health education in schools

Social

Competence

- *Praise, encourage talking and expression of feelings
- *Encourage reading and hobbies
- *Give individual attention, create opportunities for family activities and trips, team, or group activities
- *Help child pursue talents
- *Reinforce limits and provide consequences
- *Teach family rules and how to resolve conflicts and handle anger
- *Encourage interactions with teacher and other adults
- *Assign chores and provide personal space

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

MMR Polio HepA HepB Tdap Menactra Flu HPV

NEXT WELL CHILD VISIT:

11 years