



## 7 to 10 Year Well Visit

**H:**\_\_\_\_\_ **%:** \_\_\_\_\_ **W:**\_\_\_\_\_ **%:** \_\_\_\_\_ **BMI:**\_\_\_\_\_ **%:**\_\_\_\_\_

**Nutrition:** Low-fat milk and water are best beverage choices. Aim for 5 servings of fruit/veggies daily. Avoid sugary foods. Try to be active for 30 minutes each day.

**Development/Mental Health:**

Increasing independence and changes in mood are more common. Talk about body changes and working through feelings and worries openly. Get to know your child’s friends. Computer/tablet/screen use should be in the open and supervised, less than 2 hours daily.

**Safety:** Booster in the back seat until age 8 and 4’9” and sit in the back seat until age 13. Bike helmets while on wheels and hills. If there are any household guns, keep them and ammunition locked separately. Poison control **1-800-222-1222**.

**Dental Health:** AAPD recommends fluoride toothpaste with twice daily brushing, and dentist visits every 6 months.

**Immunizations:** DTaP, varicella, IPV, MMR if not already given. Tdap is available at age 10 or older.

**Medication Dosage:**

|   | 36-48 lb                      | 48-60 lb                   | 60-72 lb                       | 72-110 lb                  |
|---|-------------------------------|----------------------------|--------------------------------|----------------------------|
| Acetaminophen (160mg/5mL or chewtab)        | 7.5mL<br>(1.5 tsp)<br>240 mg  | 10 mL<br>(2 tsp)<br>320 mg | 12.5 mL<br>(2.5 tsp)<br>400 mg | 15 mL<br>(3 tsp)<br>480 mg |
| Children’s Ibuprofen (100mg/5mL or chewtab) | 7.5 mL<br>(1.5 tsp)<br>150 mg | 10 mL<br>(2 tsp)<br>200 mg | 12.5 mL<br>(2.5 tsp)<br>250 mg | 15 mL<br>(3 tsp)<br>300 mg |

**Next visit:** in one year