



## Anticipatory Guidance/Health Education Children Age 6-10

√ if discussed - minimum of 5 total in this entire document

### **Safety**

- Discuss avoiding alcohol, tobacco, drugs
- Monitor TV viewing & computer games
- Keep home & car smoke-free
- Teach outdoor, bike and water safety
- Use bike helmet/protective sporting gear
- Teach stranger & home safety
- Gun safety

### **Nutrition/Physical Activity**

- Limit sugar & high fat food/drinks
- Regular family meals
- Healthy foods, including 5 servings of fruits & veggies every day
- Limit TV, video & computer games
- Physical activity & adequate sleep

### **Oral Health**

- Schedule dental appointment
- Discuss flossing, fluoride, sealants

### **Child Development & Behavior**

- Encourage independence
- Answer questions about puberty
- Consistently reinforce limits & family rules
- Praise & encourage child to talk about feelings, school & friends
- Supervise child's activities
- Assign household tasks & responsibilities

### **Family Support & Relationships**

- Listen/show interest in child's activities
- Spend family time together
- Set reasonable but challenging goals
- Encourage positive interaction with siblings, teachers & friends
- Offer constructive ways to handle family conflict and anger
- Know child's friends & their families
- Be a positive role model for your child
- Substance abuse, child abuse, domestic violence prevention

### **Depression**

- Ensure safe, supervised after school care