

1811 E. Bert Kouns Ind. Loop
Suite 140
Shreveport, LA 71105
(318)212-3900 (p)
(318)212-3945 (f)
MD



Pierremont Pediatrics
www.pierremontpediatrics.com

D. Gene Mack Jr., MD
Margaret McVie Crittell, MD
Abbey M. Carroll, MD
Mackey Sugar Quinlan, MD
Tamara Moore,

5-10 year old

General Health

- If your child is up to date with 4yo vaccines, then he/she should not be due for any vaccines except the yearly flu vaccine. Children should still have an annual well visit.
- It is important to limit TV/computer time at this age (less than 2 hours a day).
- We recommend children do not have access to social media—parents should be aware of web access and chat rooms on electronic games.
- Parents should directly monitor any access to the internet at this age.
- We recommend parents taking up all electronic devices at night and charging them in a common area of the house.
- It is important to encourage physical activity resulting in an accelerated heart rate, at least 30 minutes a day 5 days a week.
- Acne is a common skin condition we see in many adolescent patients. Since acne is due to bacteria on the skin, we advise most parents to start treating acne with daily skin cleansing using bar soap or an acne facial wash.

Nutrition

- Limit sugary drinks and snacks such as sodas, sweetened tea, juices or sports drinks to no more than one a day—offer milk or water
- Encourage your child to choose healthy snacks and meal options with plenty of fruits and vegetables.
- Avoid fast food and fried foods that are high in calories and limited in nutritional value.

Elimination

- Bedwetting that occurs spontaneously in a previously continent child or a child older than seven is abnormal and may be indicative of an illness. These concerns should be discussed with your child's doctor.
- Bedwetting in children less than seven years of age may occur and can be discouraged by limiting fluids after dinner time, voiding immediately before bedtime, and occasionally using other means to gain bladder control. These concerns should be discussed with your child's doctor.

Sleep

- Children and adolescents need approximately 8-12 hours of sleep a night. A regular bedtime routine with a consistent bedtime should be enforced.
- Avoid electronics 1-2 hours prior to bedtime—encourage reading time instead.

Behavior

- If your child starts showing early signs of puberty please discuss with your child's doctor.

www.pierremontpediatrics.com

- Parents should talk with children about developing responsible behavior regarding school work and work around the house.

Injury Prevention

- Booster seats are required for children 8 years old and younger. Children who weigh less than 60 pounds or less than 4'9" should be in a booster seat properly secured in the back seat of a car. Children should remain in the backseat in an adult size seat belt until they are at least 13 years old and ensure shoulder strap is appropriately placed over the shoulder at all times.
- A helmet should be worn when riding a bike, skateboard, motorcycle, or All Terrain Vehicle.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times. Once a child is an appropriate age they should be educated on gun safety.
- Discuss who strangers are with your child and explain that they should not talk to or accept things from strangers.
- Teach your child how to call 911 and give a full name, address, and phone number. Discuss when and when not to call 911.
- Have working smoke detectors and carbon monoxide detectors in your house. Check the batteries in your smoke detectors often.
- Create a fire safety plan for your home. Practice with your child what to do and where to go in case of a fire.

“Come Grow With Us!”

Today's Date: _____ Age: _____

Name: _____

Weight: ____lb ____oz (____%)

Height: ____inches (____%)

BMI: _____ (____%)

My next appointment: _____

