

Four Seasons Pediatrics
Well Visit Form for 6 Year to 11 Year Well Visit

Child's Name: _____ Birth Date: _____ Age: _____
Today's Date: _____

School:

- School District: _____
- Name of School: _____ Grade: _____

School Issues – please check off all that are true:

- Misses less than 2 days each month
- Currently doing well in school
- An adult is at home when he/she returns home from school
- Had a vision and hearing test in school within the last year – If yes was it normal _____

Behavior – please check off all that are true:

- Gets along with children his/her age
- No issues with bad behavior that needs to change
- Does not have to be spanked frequently
- No serious family problems

Illnesses:

- Has your child had any serious illnesses since the last check up? _____

Social:

- Do you have any concerns about meeting your daily needs, paying for medications, household income, food or housing, crime or other social and economic issues? _____
- Does anyone in the family have any vision, hearing or cognitive problems that would hinder communication with the medical provider? _____
- There are concerns with family mental health, substance abuse or firearms in the home. _____

Other issues – please check off all that are true:

- Both parents are living at home
- Brushes his/her teeth daily
- Taking fluoride

Screening – Please check the box if any of the following are true:

- My child has had exposure to tuberculosis or a person with a positive skin test
- There is a family history of high cholesterol of > 240 in either parent or grandparents
- There is a family history of heart disease before 55 in either parent or grandparents

Vaccine Information Statements (Check One)

- I will review the in-room copy
- I will review the on-line copy at your website
- I would like a paper copy



Injury Prevention



The most common accidents that occur at this age:

- **Helmet:** Helmets should be worn for bike riding, skiing, roller blading and skateboarding.
- **Drowning:** Make sure your child knows how to swim. Teach him to enter feet first.
- **Fires:** Have a fire escape plan. Check smoke and carbon monoxide detector batteries during clock changes (twice a year).
- **Car Safety:** Use seatbelts. Place the shoulder strap in the proper position. Your child should be seated in the back seat.

Nutrition

Encourage your child to participate in meal planning and preparation.

- Provide 3 meals a day and make sure to not skip breakfast. Studies show children who have had breakfast perform better in school.
- Serve healthy snacks such as fruit, yogurt, cereal and low-fat milk.
- Limit the amount of juice, soda, chips, sweets, and fast foods.

Healthy Habits



Check TV programs for sexual content, violence, smoking, or other inappropriate behaviors.

- If your water does not contain fluoride, your child should be taking 1 mg a day.
- Encourage daily exercise. Teach about sports and group participation for fun and team building – not just to win.
- Promote and teach your child to exercise

Parenting

Get your child a library card. Make family trips to the library and read together.

- Make sure your child has chores and responsibility.
- Talk with your child about ways to solve arguments and fights without violence, and display appropriate problem solving behavior.

Puberty

Puberty can begin as early as eight years old for girls and nine years old for boys. Discuss puberty and sexuality with your children, and answer their questions directly and honestly.

Body Changes for Young Women

- Breast Development Age: 8-13
- Pubic Hair: 8-14 years old
- Growth Spurt: 9½ - 14½ years
- Menstruation: 10 – 16½ years

Body Changes for Young Men

- Testicle Growth: 9 – 18 years
- Pubic Hair: 9 – 18 years
- Growth Spurt: 9½ - 17½ years
- Penis Growth: 10 – 17 years

Firearm Injuries

Did you know that every 2 hours, a child is killed with a loaded gun?

- More children die by guns than in car crashes
- We recommend that you not keep a gun in the home. If you must, store ammunition and guns separately and locked up at all times.

Next Visit

We recommend annual check up's; if your insurance covers them. We do not feel that physicals done in school are adequate (they spend less than 5 minutes with your child). Lastly, we feel this is an important time to “connect” with your child about healthy issues.

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