



## Forms:

Complete and print them for your upcoming appointment:  
[Tuberculosis Screening](#)

## Vaccines:

We recommend the following vaccines:

None

## Tests Recommended:

We recommend the following tests at this age:

[ImPACT](#) - for those in sports and at risk of concussion  
[Hearing Screen](#)  
[Vision Screen](#)

## 10 YEARS OLD

### FAQ

*Should my 10 year old still be in a booster seat?*

Your child must buckle the seat belt EVERY TIME he or she rides in any car. Booster seats should be used until the lap belt can be worn low and flat on your child's hips and the shoulder belt can be worn across the shoulder rather than the face or neck (usually at about 80 pounds and about 4 feet 9 inches tall). Remind your child to buckle up when riding with others. Ask your child to remind you to buckle up, too! Install shoulder belts in the back seat of your car if they are not already there. Serious injuries can happen to your child when a lap belt is used alone. The safest place for all children to ride is in the back seat.

### Age Appropriate Information

#### Nutrition & Health:

- Help your child learn to choose appropriate foods, including plenty of fruits and vegetables every day. Aim for at least 5 servings of fruits or vegetables every day by including them in most of your meals and snacks.
- Make sure your child is getting enough calcium daily. Children aged 9 to 18 need about 3 cups of low-fat milk a day. Low-fat yogurt and cheese are good alternatives to milk.
- Share family meals together regularly. Make mealtimes pleasant and companionable; encourage conversation. Avoid having the TV on during mealtimes.
- Encourage your child to get at least 1 hour of moderate- to high-intensity exercise every day. Try walking or biking instead of riding in a car with your child, and taking the stairs, not elevators.

#### Safety:

- The back seat of the car is still the safest place for your child to sit until at least 13.
- Make sure your child always wears protective equipment when biking, skating, skiing, snowboarding, horseback riding, skateboarding, riding a scooter, or in-line skating (Tailor the list to activities appropriate to the area and family).
- Use sunscreen (SPF 15 or higher) on your child before she goes outside to play or swim. Read the directions carefully and apply the correct amount of sunscreen. Apply it at least 15 minutes before she goes out in the sun, and reapply it every 2 hours.
- If alcohol is used in the home, its use should be appropriate and discussed with children.