



age 7 through 10 years

# Your Growing Child

*A Family Brochure*

Children grow, change and learn differently. Here are some tips to help you enjoy and keep your child healthy and safe. You may want to review this brochure together.

Call your clinic, public health nurse or school district if you have questions or concerns about your child.

## Health

At this age children:

- Need a Child and Teen Checkups health check at 8 and 10 years. Regular health checks are important.
- Eat 3 meals and 1-2 healthy snacks a day. Family meals at the table are important, but not while watching TV!
- May not grow as fast and may eat less than before.
- Need regular exercise, like biking, playing sports and playing games outside.
- Need to brush and floss daily. See the dentist regularly! Ask about sealants.
- Need 10-12 hours of sleep a day. Keep a regular bedtime routine.



- Are improving their reading and math skills in school. Parents can meet with the teacher to find out how they are doing.
- Need to limit TV to 1 hour per day.
- Improve coordination and physical skills quickly.
- Understand right from wrong. They learn to play games by the rules.
- Start to question authority. Parents must set limits and stick to them.
- Should help with household chores.
- Want more independence. Help them to make their own decisions and be a part of family talks.
- Want privacy. Respect this need. Parents can start to talk openly about body changes and sexuality.
- Want to spend time with friends and feel connected to school. Help them build positive relationships with other children and adults at school and in the community.



## Learning

Children at this age:

- Can write clearly and tell time.

## Safety

- Make sure **EVERYONE ALWAYS** wears a seatbelt.

- Use a helmet when biking, skating or on anything with wheels. Teach bike safety rules. Be a good example.
- Wear protective sports gear such as helmets, mouth guards, knee and wrist pads.
- Make sure your child wears a life jacket and watch him closely when near water or on a boat.
- Consider swimming lessons.
- Discuss the dangers of tobacco, alcohol and drug use. Teach **how** to say no.
- Teach about strangers and appropriate touch.
- Use smoke detectors and check them twice a year. Have a fire safety plan and practice it.
- Lock up your guns and bullets separately. It's the law!
- Get to know your child's friends and their families.
- Teach rules for your home. Practice what to do when home alone and where to go in an emergency.
- Make sure your child knows his/her full name, parents' names, home phone number and emergency number (911).
- Learn first-aid and CPR.

Attention. If you want free help translating this information, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاسأل مساعدك في مكتب الخدمة الاجتماعية أو اتصل على الرقم 1-800-358-0377

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿងរបស់អ្នក ឬ ទូរស័ព្ទទៅលេខ 1-888-468-3787 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, nug koj tus neeg lis dej num (worker) lossis hu 1-888-486-8377.

ໂປຼດຊາບ. ຖ້າທ່ານກ້າມຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ພຣີ, ຈົ່ງຖາມນຳພັນກ້າມຊ່ວຍວຽກຂອງທ່ານຫຼືໂທໂທຕາມເລກໂທ 1-888-487-8251.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, hojjataa kee gaafaddhu ykn lakkoofsa kana bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, обратитесь к своему социальному работнику или позвоните по следующему телефону: 1-888-562-5877.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, weydii hawl-wadeenkaaga ama wac lambarkan 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para traducir esta información, consulte a su trabajador o llame al 1-888-428-3438.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi nhân-viên xã-hội của quý vị hoặc gọi số 1-888-554-8759.

1B32-0008 (10-09)

ADA1 (12-12)

This information is available in accessible formats for individuals with disabilities by calling 651-431-2486, toll-free 800-657-3739, or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.

**Minnesota Poison Information**  
**1-800-222-1222**  
**Minnesota Immunization Hotline**  
**1-800-657-3970**

