

## ANTICIPATORY GUIDANCE FOR MIDDLE CHILDHOOD (5-11 YEARS)

### Healthy and Safe Habits

- Keep home and car smoke-free
- Ensure adequate sleep
- Promote physical activity
- Limit TV, computer time
- Reinforce personal care/hygiene
- Supervise activities with peers
- Counsel about avoiding alcohol, tobacco, drugs, inhalants

### Injury Prevention

- Ensure use of belt-positioning booster seat until child can sit upright in back seat and bend legs on edge of seat
- Review safety rules for biking, skating; ensure helmet use
- Teach child how to swim; reinforce water safety rules
- Limit sun; teach sunscreen use
- Reinforce home safety (matches, poisons, tools)
- Keep guns unloaded and locked up, or remove from home
- Provide safe after-school care
- Teach stranger safety
- Keep firm, consistent rules
- Anticipate some errors in judgment, increased risk-taking

### Nutrition

- Provide 3 nutritious meals and 2 healthy snacks daily
- Eat most meals as a family
- Teach healthy food choices

- Limit high-fat, low-nutrient foods
- Teach healthy choices, including fruits and vegetables

### Oral Health

- Supervise tooth brushing
- Discuss fluoride, flossing, sealants
- Schedule regular dental appointments
- Learn dental emergency care
- Teach dangers of smoking and smokeless tobacco

### Sexuality Education

- Answer questions
- Use age-appropriate books
- Discuss information given at school
- Prepare child for sexual development, menstruation, wet dreams
- Teach importance of delaying sexual behavior

### Social Competence

- Praise child and encourage talking about activities and feelings
- Read interactively with child, listen as he reads aloud
- Give individual attention
- Set limits, establish consequences
- Teach family rules, respect for authority, right from wrong, how to resolve conflicts, handle anger
- Assign chores and provide personal space
- Encourage reading, hobbies, pursuit of talents

- Promote interaction/friendships through team or group activities
- Encourage positive interactions with teachers and other adults

### Family Relationships

- Listen, show interest in activities
- Show affection, respect
- Play with child
- Encourage good sibling relationships
- Know child's friends and their families
- Show interest in school performance and activities
- Set reasonable but challenging expectations
- Handle anger constructively in family; do not allow violence
- Foster conversation and open communication
- Contribute to self-esteem with affection and praise

### Community Interaction

- Participate in school/community activities
- Advocate for community programs and facilities
- Discuss current events and social responsibility