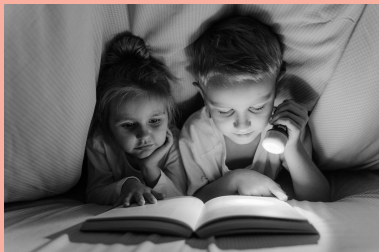


# Psychosocial Development

- Begin to learn how to share and cooperate
- Increased socialization
- Likes reward system and praise
- Seeks to please

# Age-Appropriate Activities

- Table games
- Checkers
- Group play and sports
- Reading
- Coloring and drawing



# Resources

<https://www.myplate.gov/eat-healthy/what-is-myplate>

<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

<https://www.safekids.org/safetytips>

# School Age Children

Age 6-12



# Health Promotion

- Sleep (9-11 hours)
- Encourage oral cares
- Limit screen time
- Decrease exposure to violence
- Exercise and proper diet
- Helmet use, car safety

# Immunizations

- Annual flu shot

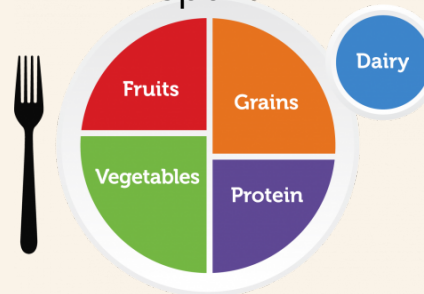
Age 10-12:

- Meningitis
- TDAP



# Nutrition

- Provide regular meal times
- Provide a wide variety of food options
- Involve child in planning meals
- Limit juice to 1 cup per day
- Extra calories during growth spurt



# Injury Prevention

- Sit in backseat of car
- Car seats and booster seats if needed
- Encourage helmet use
- Be mindful of children when driving

# Physical Development

- 5 cm growth in height each year
- Loss of teeth + growth of adult teeth
- Maturity in vision
- Increased fine motor skills

# Cognitive Development

- Develops concept of time + numbers
- Distinguish fantasy from reality
- Forms own values
- Understanding of right + wrong
- Enjoys reading