

# For children ages 3 to 10

## Topics you may want to discuss with your doctor

### Safety

- Use a checklist to "child-proof" your home.
- Check your home for the presence of lead paint.

### Exercise

- Participate in physical activity as a family, such as taking walks or playing at the playground.
- Limit screen time (such as mobile devices, computers, and television) to less than two hours a day.

### Nutrition

- Eat a healthy diet. Limit fat and calories. Eat fruits, vegetables, beans, and whole grains every day.

### Dental health

- Ask your dentist when and how to floss child's teeth.
- Age 5: Talk to your dentist about dental sealants.

### Other topics for discussion

- Well-child visits are a good time to talk to your doctor about any concerns you have with your child's health, growth, or behavior.

## Immunizations

<b>DTaP</b> (diphtheria, tetanus, acellular pertussis)	Ages 4–6 (Tdap for age 7 and above)
<b>Flu, annual</b>	Recommended <sup>2,18</sup>
<b>Hepatitis A</b>	For children not previously vaccinated and risk factors are present
<b>Hepatitis B</b>	For children who did not complete the immunization series between 0 and 18 months
<b>IPV</b> (inactivated poliovirus vaccine)	Fourth dose at ages 4–6
<b>MMR</b> (measles, mumps, rubella)	Second dose at ages 4–6
<b>Pneumococcal</b> (pneumonia)	For children with risk factors <sup>6</sup> or an incomplete schedule (ages 2–5)
<b>Varicella</b> (chicken pox)	Second dose at ages 4–6

## Screenings/counseling/services

<b>Height, weight, body mass index (BMI), vision, hearing</b>	At annual exam
<b>Fluoride use</b>	Discuss use or prescribe oral supplement for ages 6 months and older. Apply fluoride varnish to primary teeth of infants and children. <sup>24</sup>
<b>Obesity</b>	Screening, counseling, and behavioral interventions for children age 6 and older and offer or refer to comprehensive intensive behavioral intervention to promote improvements in weight status
<b>Skin cancer</b>	Behavioral counseling for minimizing exposure to ultraviolet radiation for persons ages 6 months to 24 years old at high risk
<b>Tobacco use and cessation</b>	Discuss education or brief counseling to prevent initiation of tobacco use amongst school-aged children and adolescents
<b>Tuberculosis</b>	Risk assessment and testing if risk identified

Be aware of your child's recommended weight: Use our online tools to calculate your child's body mass index (BMI) by logging in to [blueshieldca.com](http://blueshieldca.com) and searching for BMI.

## Injury prevention:

### For older children

- Children should use a booster seat in the car's back seat until they are at least 8 years old or weigh at least 80 pounds.
- Older children should use car seat belts and sit in the back seat at all times.
- Teach your child traffic safety. Children under 9 years old need supervision when crossing streets.
- Make sure your child wears a helmet while rollerblading or riding a bicycle. Make sure your child uses protective equipment for rollerblading and skateboarding (helmet, wrist, and knee pads).
- Warn your child about the risk of using alcohol and drugs. Many driving and sports-related injuries are caused by the use of alcohol and drugs.

### For all ages

- Use smoke and carbon monoxide alarms/detectors in your home. Change the batteries every year, and check once a month to see that they work.
- If you have a gun in your home, make sure that the gun and ammunition are locked up separately and kept out of children's reach.
- Never drive after drinking alcohol or after marijuana use.
- Use car seat belts at all times.
- Post the number for the Poison Control Center – (800) 222-1222 – near your phone. Also, add the Poison Control Center number to your home "Important Information" list. The number is the same in every U.S. location. Do not try to treat poisoning until you have called the Poison Control Center.