

Help parents understand the need to encourage child's interactions with peers.

### **Ages 7 to 10 Years**

Prepare parents to expect improvement in health with fewer illnesses but warn them that allergies may increase or become apparent.

Prepare parents to expect an increase in minor injuries.

Emphasize caution in selecting and maintaining sports equipment and reemphasize safety.

Prepare parents to expect increased involvement with peers and interest in activities outside the home.

Emphasize the need to encourage independence while maintaining limit setting and discipline.

Prepare mothers to expect more demands at 8 years old.

Prepare fathers to expect increasing admiration at 10 years old; encourage father-child activities.

Prepare parents for prepubescent changes in girls.

### **Ages 11 to 12 Years**

Help parents prepare child for body changes of pubescence.

Prepare parents to expect a growth spurt in girls.

Make certain child's sex education is adequate with accurate information.

Prepare parents to expect energetic but stormy behavior at 11 years old, and child becoming more even-tempered at 12 years old.

Encourage parents to support child's desire to "grow up" but to allow regressive behavior when needed.