

Prepare parents to expect an increase in child's masturbation.

Instruct parents that the child may need more rest.

Help parents educate child regarding experimentation with potentially harmful activities.

Health Guidance

Help parents understand the importance of regular health and dental care for the child.

Encourage parents to teach and model sound health practices, including diet, rest, activity, and exercise.

Stress the need to encourage children to engage in appropriate physical activities.

Emphasize providing a safe physical and emotional environment.

Encourage parents to teach and model safety practices.

TABLE 14-2

Injury Prevention During the School-Age Years

Developmental Abilities Related to Risk of Injury	Injury Prevention
Motor Vehicle Accidents	
Is increasingly involved in activities away from home Is excited by speed and motion Is easily distracted by environment Can be reasoned with	Educate child regarding proper use of seat belts while a passenger in a vehicle. Maintain discipline while the child is a passenger in a vehicle (e.g., ensure that children keep arms inside, do not lean against doors, and do not interfere with driver). Remind parents and children that no one should ride in the bed of a pickup truck. Emphasize safe pedestrian behavior. Insist on child wearing safety apparel (e.g., helmet) when applicable, such as riding bicycle, motorcycle, moped, or ATV (see Family-Centered Care boxes).
Drowning	
Is apt to overdo May work hard to perfect a skill Has cautious, but not fearful, gross motor actions	Teach child to swim. Teach basic rules of water safety. Select safe and supervised places to swim. Check sufficient water depth for diving. Caution child to swim with a companion. Ensure that child uses an approved flotation device in water or boat.