

# The School Age Child

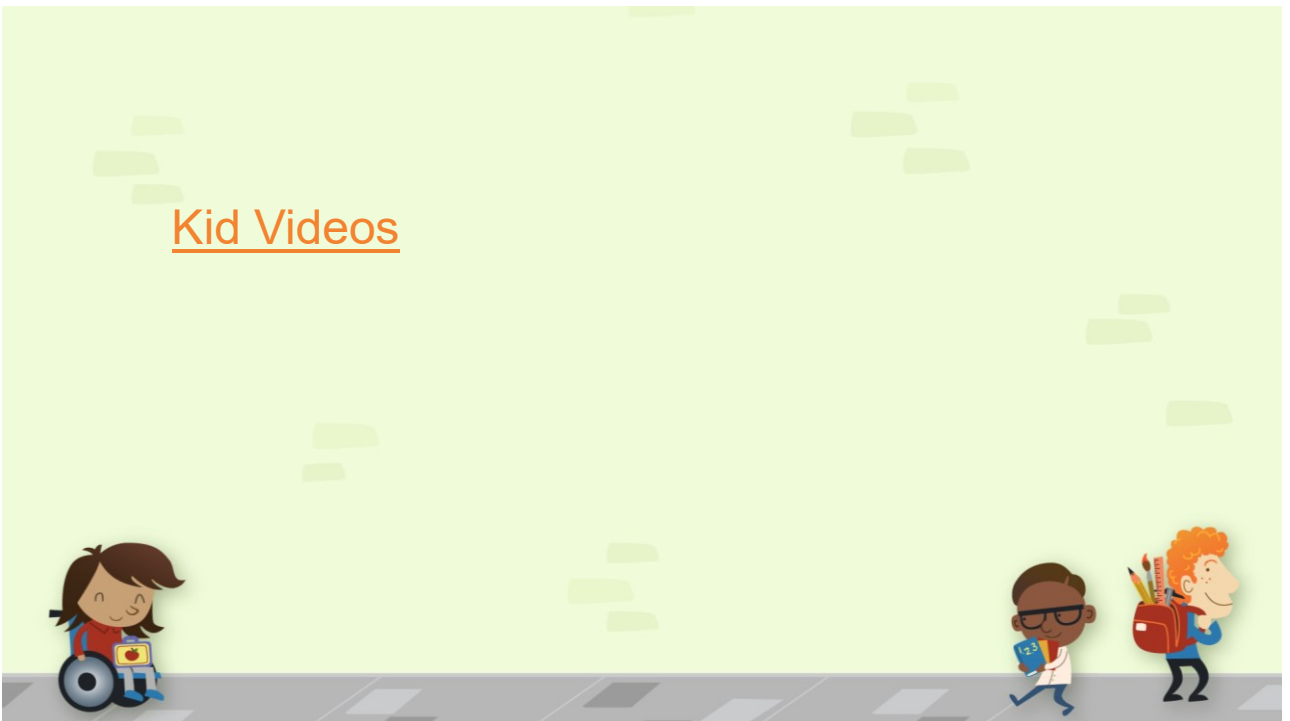
Chapter 19

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## Kid Videos



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## General Characteristics

- Ages 6 to 12
- More engrossed in fact than fantasy
- Develop first close peer relationship outside the family group
  - **Same sex peer relationships are most important**
- Often judged by their performance
- Sense of industry and development of positive self esteem is directly influenced by peer group
- Erikson: stage of industry
  - Engaged in tasks and participates in organized activities
- Freud: sexual latency
- Piaget: concrete operations



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## Physical Development

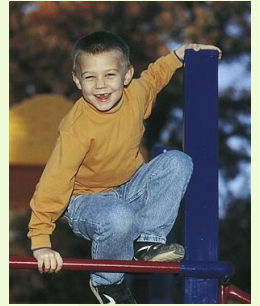
- Normal Vital Signs-
  - Temperature- 98.6
  - Pulse- 85-100
  - Resp - 18-20
  - B/P- 90-108/60-68
- Growth-
  - 5.5-7 lb per year/2.5-3.2kg
  - 2 inches in height per year
  - Slow growth continues until just before puberty
  - Weight gain is more rapid than increase in height



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## Physical Development

- FOC- approximate adult size
- Heart growth slows
- Sensory organs
- Muscular, lymphatic and skeletal systems
- Changes in facial features



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## Physical Development

- Sinuses developing- site of frequent infections
- 6 year molars erupt- first permanent teeth
- Visual acuity of 20/20
- GI tract matures- fewer upsets
- Important to note
  - Size is not correlated with emotional maturity.
  - Problems can occur when a child faces higher expectations because he or she is taller and heavier than peers.



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## Gender Identity

- Influenced by-
  - Culture
  - Family
  - Media
  - School
- Androgynous- both masculine and feminine characteristics



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## Sex Education

- Lifelong process
- Accomplished less by talking or formal instruction than by the whole climate of the home
- Questions should be answered simply
- Correct names for genitalia
- Private masturbation is normal

Sexually Transmitted Infections



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## School-Related Tasks



- Parents and children should set realistic goals
- Develop heightened awareness for things such as attendance problems, tardiness, and signs of loneliness or depression
  - Should continue to encourage children to discuss school problems, feelings, and worries
- Homework is the responsibility of the child



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## Parental Guidance for Children Starting School

- Anticipate regression
- Encourage child to express what they think school will be like
- Arrange for child to meet others entering school with them
- Tour the school
- Teach the child their family name and telephone number
- Allow sufficient time in the morning to prepare for school
- Listen to child at the end of the day



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# Play

- Increased physical and intellectual skills
  - More graceful in their movements
- Want to belong and be like others
- Engage in enjoyable activities
  - Organized groups like boy or girl scouts
- Activities should provide a feeling of challenge, power, and achievement
  - Erikson's phase of industry



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# Latchkey Children

- Increase risk of accidents
- Increase feelings of fear and loneliness
- Fewer opportunities to socialize
- Community options
- Back-up adult should be available to the child in case of emergencies
- **Health promotion box: guidance for children at home alone**



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## Physical, mental, emotional, and Social Development



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## The Six-Year-Old

- Energetic and on-the-go
- Likes to start tasks but does not always complete them
- Talks for a purpose rather than for the sake of talking
- Vocabulary consists of 2500 words
- Requires 11 to 13 hours of sleep per night
  - Applies to all school-aged children



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## The Seven-Year-Old

- Sets high standards for themselves
- Good sense of humor
- More modest
- Enjoys being active but also enjoys periods of rest



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## The Eight-Year-Old

- Wants to do everything
- Can play alone for a longer period
- Creative
- Enjoys group activities
- Behaves better for company than for family
- Hero-worship evident



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## The Nine-Year-Old

- Dependable
- Shows more interest in family activities
- Assumes more responsibility
- More likely to complete tasks
- More able to accept criticism for their actions
- Worries and mild compulsions are common



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## The Ten-Year-Old

- Marks beginning of preadolescence
- Girls more physically mature than boys
- Begins to show self-direction
- Wants to be independent
- Group ideas more important than individual ones
- Sexual curiosity continues



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## The Eleven- and Twelve-Year-Old

- Intense, observant, energetic
- May be argumentative and meddlesome
- Hormone influence on physical growth more apparent
- Need freedom within limits and recognition they are no longer infants
- Immunizations: THM
  - Tdap, HPV, and Meningococcal



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## Guidance and Health Supervision

- Physical exam
  - Up to date on required immunizations
  - Good dental hygiene and regular dental exams
  - Establish good eating habits and encourage nutritious foods
    - Nursing tip box: to help prevent obesity
  - Vision and hearing screening
- Health supervision should also include assessments of physical activity and school performance



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## To Help Prevent Obesity

- Use appropriate serving sizes for age
- Limit intake of soda and/or juice drinks that are not 100% juice
- Replace whole milk with skim milk
- Eat breakfast every day
- Encourage family meal times
- Parents should role model healthy eating and activity
- Encourage physical activity
- Decrease computer and TV time

