Chapter 14: School-age Children

School age years

* Physical growth is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from age 6-12.
* Children grow taller and slimmer as they develop a more \_\_\_\_\_\_\_\_\_\_ physique.
* Parents must continually replace their children’s outgrown \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Children’s \_\_\_\_\_\_\_\_\_\_\_\_ expressions may still seem babyish, their \_\_\_\_\_\_\_\_\_ may change often!
* Children at this age are very interested in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Readiness for School

* Parents must take all areas of development into account in deciding when they are ready for \_\_\_\_\_\_\_\_\_\_\_\_.
* Parents can help their children by making sure they are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ prepared for school.
* Children should be able to say their full \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ correctly.
* Children should also be able to use the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by themselves.
* Accompany your child on a school \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to ease their minds.
* Ideally, children enter school with a feeling of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as well as a sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Physical Development

* In the beginning of this period, boys and girls develop at the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ rate.
* They grow \_\_\_\_-\_\_\_\_ inches taller and \_\_\_-\_\_\_ pounds heavier each year.
* 6 year olds are constantly \_\_\_\_\_\_\_\_\_\_\_\_\_\_. They have trouble sitting still for any length of time. Baby \_\_\_\_\_\_\_\_\_\_\_\_\_\_ begin to fall out at this age.
* 7 & 8 year olds continue to grow at a \_\_\_\_\_\_\_\_\_\_\_\_\_ rate. Some children may look \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because of their thin bodies and long arms and legs.
* By 9-10 years, children begin to enjoy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They can kick, run, throw, catch and hit better.
* By the end of the school age period, girls and boys have marked differences in physical development.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ begin to grow faster in height and weight by age 9-10.
* Girls will also have a major growth spurt around age \_\_\_\_\_\_\_\_\_\_.
* Boys growth will pick up around \_\_\_\_\_\_-\_\_\_\_\_\_\_ and they begin their major growth spurt around \_\_\_\_\_.

Sports

* Children need a healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for growth and energy!
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is used to calculate needed calories.
* For example, a 6 year old needs 39 calories pr inch and by 10 years, children will need 46 calories per inch.
* Children enjoy the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of team sports.
* Children should always have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exam before competing in sports.

Team Sports

* Soccer, football, softball, swimming, gymnastics, & basketball are common.
* Most popular team sport=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Develop lifelong habits that contribute a healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Children benefit in many ways:
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ skills/ get along with peers.
	+ Mental and physical exercise.
	+ Bring \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for healthy lifestyle begins to form.

Drawbacks to Team Sports

* There is no \_\_\_\_\_\_\_\_\_\_% safe sport. Most serious injuries of \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ are usually from football.
* Focus is often on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, children may feel pressure form peers, parents, and coaches.
* Since adults control the game, children may not be developing decision making and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ skills.

Physical Safety

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can present many dangers to children.
* Statistics show accidents often occur to and from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* If children ride \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , they should be aware of all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rules.
* School age children should also be warned about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and never talking to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Parents should also talk to children about the dangers of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ abuse, explain what inappropriate touching is.

Household Accidents

* Always provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
* A study by Whirlpool Corp. revealed that children ages 7-9 operate appliances such as the refrigerator, toaster, dryer, washing machine, stove, hair dryer and microwave.
* Talk to kids about potential \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and what to do in case of an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Intellectual Development

* Children’s attention spans are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Children \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rules and understand they exist for their own \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* 9-10 year olds like to act in a more adult manner. They like games that involve \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ competition and may challenge parents to a game.
* By 11-12, children can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ problems by remembering \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ experiences.

Advances in Thinking Patterns

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Classification=the ability to understand that an object may fit into more than one category.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_= ability to order groups of things by size, weight, age or any common property.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_= understanding that certain properties remain the same eve in they change n shape or appearance.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_= the concept that things can return to their original condition after they have changed.

School Adjustments

* School will quickly become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Parents should show \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in what children are learning at school.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is introduced as a way to polish skills learned throughout the day.

Homework Tips

* Know what the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is.
* Bring \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ materials needed.
* Have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ time and place for homework.
* Be organized enough to get all work done and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to school.
* Turn in all assignments on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

Emotional & Social Development

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ become more significant.
* Choosing between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, such as ice cream flavors, may be difficult.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is common.
* Children are very conscientious and strive to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Their sensitive feelings are easily hurt by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Group activities among children of the same \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are popular.

Conformity

* Children may \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to their friends’ standards, behaviors, and attitudes.
* Children may speak in the same way as friends and have similar \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Parents should strive to avoid major \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minor ones.

Self-Care

* Self-care children= tend to their own \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ until parents arrive at home.
* These children are also called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ kids.
* Children should be trained in the skills of self \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* If the child is old enough, the parent must assess whether the child is mature enough in all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ areas to be left alone.

Children & Stress

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can include feelings of fear, hopelessness, worry, anxiety, and doubt.
* Parents should remember that children cannot always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ how they feel.
* If children do not have time to play and to relax they tire more easily and grow \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Children may also feel overwhelmed by a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ schedule, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ if they don’t have enough activities.

Signs of Stress

* Parents should be alert to the following signs:
	+ Loss of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in previously enjoyed activities
	+ Explosive crying or screaming
	+ Verbal or physical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ Cruelty to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and playmates
	+ Physical symptoms such as rapid heartbeat, headaches, fatigue, restlessness, upset stomach and neck pain.
	+ Loss of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or sense of joy
	+ Nightmares, sleepwalking or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grinding

Medical Checkups

* Routine medical visits are needed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ frequently.
* It is recommended to have checkups at age 6, \_\_\_\_\_\_, 10 and \_\_\_\_\_\_\_\_\_.
* Some schools require a complete health exam before the child can enroll in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or participate in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Children should also visit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and eye doctors during this time.
* Vision and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ screenings can also detect any problems.