

Supported Health Self-Management Middle childhood (6 – 11 y)

Check if done	General health topics the child should know	Comments
	Knows their contact information	
	Knows who to call in case of emergency Has this information in their cell phone (if applicable)	
	Can describe their normal health level	
	Can describe changes in their health	
	Can describe how they feel	
	Can describe the importance of self-care, like hygiene	
	Can describe good nutrition and how the body uses food	
	Disease/condition-specific topics the child should know	
	Can talk to family/friends about their health and chronic condition	
	Can describe their condition in 2 to 3 simple sentences	
	Can name the health care team members they see regularly	
	Can help their caregiver set-up any routine treatments	

Tips for teaching your child

About general health

- Model daily self-care and health activities
- Use simple pictures or diagrams to explain health concepts
- Use pretend situations to practice problem-solving
- Give your child more responsibility when talking with their health care team

About their disease/chronic health condition

- Add teaching into play to build skills toward positive healthcare behaviors
- Use stories to start discussions about their condition
- Think about ways to do hands-on teaching/learning with equipment or medicines
- Revisit discussions about how treatments work
- Clear up any confusion around health, illness, and treatments
- Teach them about routine tests they need and why they need them
- Focus on the basics of chronic condition, body functions, and symptoms
- Coach child on talking about their condition to family, teachers, friends, and care team

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Author: ImPACT | Approved by Patient Education Committee | Valid through 2025

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