



9 & 10 year Check-up—For Parent

Nutrition and Physical Activity

- Serve your child breakfast, or make sure that school provides one. Research shows that eating breakfast helps children learn and behave better at school, and reduces your child's chance of becoming obese.
- Share family meals together as often as possible. Make mealtimes pleasant and companionable; encourage conversation and turn off the TV during mealtimes.
- Help your child learn to choose appropriate foods, including plenty of fruits and vegetables every day. Aim for at least 5 servings of fruits or vegetables every day.
- Try not to use candy or sweets as a reward.
- Make sure your child is getting enough calcium. Children aged 9 to 18 need about 3 cups of low-fat milk a day.
- Limit juice to 4 to 6 oz per day of 100% fruit juice.
- If your child has a balance diet, there is no need to add vitamins or iron.
- Encourage your child to be physically active for at least 60 minutes total every day. It doesn't have to happen all at once, but can be split up into several periods of activity over the course of the day.
- Limit the amount of time your child watches TV and plays video games or is on the computer (other than for homework) to **no more than 2 hours** altogether each day.
- Remove any TVs and computers from your child's bedroom.
- To minimize your child's exposure to violence and other age-inappropriate material, be aware of the content included in music, video games, and TV programs that your child watches.

School

- If your child is not doing well in school, ask the teacher about evaluation for special help or tutoring that may be available.
- Praise your child's efforts and accomplishments in school.
- Joining clubs and teams, church groups, and friends for activities is a fun way for your child to stay healthy and enjoy being with other kids outside of school.
- Show interest in her school performance and after-school activities.
- Provide a well-lit, quiet space for homework. Remove distractions such as television. Set routine times for homework.
- If your child tells you that she is being bullied, discuss it with her teacher or guidance counselor.

Mental Development

- Assign age-appropriate chores, including responsibility for personal belongings and for some household or yard tasks.
- Provide personal space at home, even if limited, for your child.
- Promote independence by encouraging developmentally appropriate decision making.
- Anticipate the normal range of early adolescent behaviors, including the pervasive influence of peers, a change in the communication between you and your child, sudden challenges to parental rules and authority, conflicts over issues of independence, refusal to participate in some family activities, moodiness, and a new desire to take risks.
- Serve as a positive ethical and behavioral role model.
- Handle anger constructively in the family. Do not allow either physical or verbal violence; encourage compromise.
- Do not permit yourself or others to use corporal punishment.
- Encourage and role model the admission of mistakes and asking of forgiveness.
- Supervise your child's activities with peers. Encourage your child to bring friends into your home and help them feel welcome there.
- Help your child learn appropriate and respectful behavior. Reinforce the importance of respectful behavior toward others.
- Counsel your child to not use alcohol, tobacco, drugs, and inhalants.

Physical Development & Puberty

- Be prepared to answer questions about sexuality and to provide concrete examples of the types of behavior that are not acceptable to you.
- Encourage your child to ask questions. Answer them at a level appropriate to his understanding. Discuss these issues even if sexual activity seems unlikely.
- Teach your child the importance of delaying sexual behavior.
- If your child receives family life education at school or in the community, discuss the information and review materials with him.
- Teach your child that it is never all right for an adult to tell a child to keep secrets from parents, to express interest in private parts, or to ask a child for help with his or her private parts.

Hygiene

- Your child should be having regularly scheduled visits to the dentist.
- Be sure that your child brushes his teeth twice a day with a pea-sized amount of fluoridated toothpaste and flosses once a day with your help. Be sure to supervise brushing and flossing. Help him if necessary.

Safety

- Teach your child that the safety rules at home apply at other homes as well.
- Help your child to understand it is always OK to ask to come home or call you if she is not comfortable at someone else's house.
- Do not start your vehicle until everyone's safety belt is buckled.
- The back seat is the safest place for children younger than 13 to ride.
- Make sure your child also always wears protective equipment when biking, skating, skiing, in-line skating, snowboarding, horseback riding, skateboarding, or riding a scooter.
- Teach your child to swim. Knowing how to swim does not make children "drown proof," so even if your child knows how to swim, never let her swim alone.
- Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. NEVER let your child swim in any fast-moving water.
- Be sure that swimming pools in your community, apartment complex, or home have a 4-sided fence with a self-closing, self-latching gate.
- Children are constantly exposed to smoking, drinking, and drug-use behaviors through TV and other media. They need clear messages that substance use is substance abuse.
- If alcohol is used in the home, its use should be appropriate and discussed with children.
- If you or anyone in the house smoke, try to quit. If quitting is not possible, discuss the difficulty of addiction with your child.
- Homicide and completed suicide are more common in homes that have guns.
- The best way to keep your child safe from injury or death from guns is to never have a gun in the home.
- If it is necessary to keep a gun in your home, it should be stored unloaded and locked, with the ammunition locked separately from the gun. Keep the key where children cannot have access.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored unloaded and locked, with the ammunition locked separately, before allowing your child to play in the home.
- Talk to your child about guns in school or on your streets. Find out if your child's friends carry guns.
- Your family computer should be in a place where you can easily observe your child's use.
- Check the Internet history regularly to be sure you approve of your child's internet choices.
- Just as you monitor your child's activity in the neighborhood and community, it is important to be aware of her internet use. A safety filter allows some parental supervision

Health Maintenance

- Immunizations- See immunization handout.
- Your child's next check up is in 1 year.