Caring for your 9 - 10 year old

Name _____ Weight _____ Height _____ Date _____

Be Safe

Seat Belt

- Use a booster until the lap/shoulder belt fits.
- Do not allow your child to ride in the back of a pickup.

Drowning

- Supervise water activities.
- Teach your child about the dangers of diving into lakes and rivers.

Injuries

- Buy a bike helmet and teach safe riding on bicycles, skateboards, and skates.
- Bike helmets should be worn for all bike riding, skateboarding, and roller skating use, even in the backyard.
- Supervise the use of power tools and firearms.
- Unload and lock up firearms when not in use. Store ammunition in a separate place.
- Discourage the use of all-terrain vehicles.
- Avoid trampolines.

Personal Safety

- Teach your child not to accept unwanted touching from others.
- Teach your child what to do in case of a fire in the home and how to call 911.
- Do not use alcohol, tobacco, or drugs.

Nutrition

- Try to have family meals with pleasant conversation.
- Your child should be drinking low-fat cow's milk.
- Try to avoid conflicts over eating.
- Offer a balanced diet with small portions.
- Watch out for empty calories (cookies, crackers, fruit snacks, fruit juice, etc.).
- Teach your child about healthy foods.
- Avoid junk foods.
- Eat breakfast every day.

Parenting

- Assign simple chores.
- Praise good behavior.
- Show affection.
- Try not to nag or lecture.
- Apply rules consistently.
- Teach natural consequences (for example, broken toys don't get replaced).
- Use family conferences and negotiation to resolve problems.
- Be a good role model.
- Establish fair and understandable rules.
- Limit TV and video game time to two hours a day or less.
- Turn the TV off during meals.
- Screen TV for sex, violence, and profanity.
- Brush twice daily; floss regularly.
- Schedule a semi-annual trip to the dentist for your child.
- Encourage regular exercise (walks after dinner, etc.).
- Encourage reading and hobbies.
- Obtain a library card for your child.
- Work on communication with your child.
- Promote the individual strengths of your child; build self-esteem.
- Encourage age-appropriate independence and self-responsibility.
- Provide an allowance and guidance for using it.
- Encourage participation in sports.
- Puberty may begin at age 8 in girls and age 9 in boys.
- You may want to begin family sex education.
- Use sunscreen for prolonged sun exposure.
- Keep in contact with school regarding child's progress.
- Limit Screen time to 1 hour with your child by limiting exposure to Cell Phones, Tablets, TV, or Laptops

Next visit: in one year, or sooner if needed.

Recommended Reading

Your Child's Health, Schmitt

Your Child's Self Esteem, Briggs, D.

Active Parenting, Popkin, M.

SiblingsWithout Rivalry, Faber, A.

The Hurried Child, Elkind, D.