Optimum Internal Medicine & Pediatrics
Dr. Christopher Burress
Board certified Internal Medicine and Pediatrics

Caring for your 9 - 10 year old

Name_____ Weight_____ Height_____ Date_____

Be Safe

Seat Belt
- Use them every time your child is in a car.
- 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 <u>all</u> 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.

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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 teeth daily and 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 as early as 8 years old for girls and 10 years old for 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: Your child's next check up is at **11-12 years old.**

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.