

9-10 YEAR WELL EXAM

NUTRITION:

- Make sure you are offering well-balanced meals and healthy snacks, helping to develop good eating habits. Ensure that your child is eating breakfast daily. Aim for at least 3-5 servings of fruits and vegetables daily.
- Milk is an important source of calcium and vitamin D. At this age, your child should be drinking about 2-3 cups of low-fat milk each day to ensure healthy bone development.
- Limit your child's intake of sweetened beverages, including juice, soda, and sports drinks. In general, water is enough to keep hydrated. Sports drinks should be reserved for re-hydration during or after vigorous physical activity, not mealtimes.
- Eat meals together as a family has often as you can. This is an important time for strengthening family connections as well as modeling healthy eating habits. Keep mealtimes free of electronic devices and TV.
- Dental Care: Ensure that your child is brushing his or her teeth with fluoride toothpaste (pea-sized amount) in the mornings and evenings as well as flossing daily. Schedule regular dental checkups for your child.

ACTIVITIES:

- Encourage at least 1 hour of moderate to vigorous physical activity each day.
- Set reasonable limits on screen time (TV, computers, tablets, video games). Make sure screen time does not interfere with adequate sleep, physical activity, and face-to-face interactions with family and friends. It is important for your child to learn to be engaged in real conversations with people in person.
- Teach your children how to use technology wisely. Teach them not to text, post, or send pictures that they wouldn't share with grandma. At this age, it is not necessary for your child to have a cell phone at all.
- All use of technology at this age should be limited to the family areas of the home, not in your child's bedroom.
- Be involved with your children's school activities. Talk with their teachers about any concerns about academic performance or bullying.
- Sleep: Maintain a consistent, age-appropriate bedtime. Your child should be getting 9-12 hours of sleep per night. Avoid screen time within at least an hour before bedtime.

DEVELOPMENT & BEHAVIOR

- Discipline: Establish clear rules and expectations. When possible, allow your child to learn from natural consequences. Resist the urge to rescue your child from his or her mistakes. When natural consequences are not safe or appropriate, establish logical consequences such as removing privileges. Praise good behavior. Model how you want your child to handle emotions and apologize for mistakes.
- Independence: Teach your child healthy self-care habits and provide opportunities to make age-appropriate choices. Help your child develop a sense of responsibility by assigning chores and keeping them accountable.
- Understand that friendships with peers are becoming increasingly important in your child's development. Get to know your child's friends and supervise their play. Teach your child how to communicate respectfully both in person and online.
- Be prepared to talk to your child about puberty and sex. Approach the conversation with openness and allow your child to ask questions. It's important to be reassuring, since children at this age easily feel insecure about their appearance. Help them understand that everyone goes through the same changes.

SAFETY:

- Children should use booster seat until they are at least 4'9" tall. Children under age 13 should still sit in the back seat.
- Teach your child fire safety. Have a family plan for emergencies. Teach your child how and when to call 911. Ensure the smoke detectors and carbon monoxide monitors at home are operational.
- Second-hand smoke exposure is dangerous to your child. Do not smoke around your child at home or in the car.
- Teach your child about avoiding tobacco, e-cigarettes, drugs, and alcohol.
- It is safest not to keep guns in your home. If you do have a gun, keep it locked & unloaded with ammunition locked separately.
- Make sure your child is wearing a good-fitting helmet when using bikes, skates, or scooters.
- Summer safety: Use sunscreen (SPF 15 or 30). Apply 15 minutes before going outside and re-apply every 2 hours and after swimming. Make sure your child drinks plenty of fluids when outside in the heat. Use hats and sunglasses to protect your child from the sun. Use insect repellent (no more than 30% DEET); repellent with 15% DEET offers protection for about 2 hours.
- Monitor your child's use of the internet. Use parental control settings to limit access to dangerous sites. Know who your child talks to online. Teach your child not to share personal information online. You should be accessing all of your child's internet and social media use at this age.
- Teach your child safety around other adults. No adult should be asking your child to keep secrets from you. Your child should not accept gifts from strangers.
- Inquire about the safety of homes your child visits.