

9-10 Year Check-Up

BECOMING RESPONSIBLE

Name _____

Height _____

Age _____

Blood Pressure _____

Date _____

Vision _____

Weight _____ lbs.

DIET

Continue to model and encourage good eating habits. Share meals on a regular basis as a family. Review the recommended food pyramid and teach your child how to choose nutritious foods. Limit high-fat or low-nutrient foods and beverages, such as candy, chips, juice and soft drinks. These foods and drinks together with excessive TV, videos and computer screen time are causing an epidemic of obesity in children and adolescents.

Continue routine dental visits and encourage your child to brush his teeth twice daily and to floss.

Enjoy activities together as a family by bike riding, going on outings, playing games and reading.

DEVELOPMENT

- Friends assume greater importance and your child continues to assert her independence from the family. Your child will continue to have same-sex friends and may have established a cohesive peer group.
- Continue to work on open lines of communication that are needed throughout your child's adolescence and adulthood.
- Offer increased responsibility at home. Identify appropriate chores and give your child a time frame in which to complete them.
- Engage your child in problem solving as disagreements arise.
- School becomes more demanding and complex at this time. Learning may be more difficult for your child. Early intervention is important in order to maintain her self-esteem.
- The next few years are filled with your child's need to separate. Allowing your child to be gone for longer periods of time (such as a sleepover) will increase feelings of competence in this area.
- Supporting your child's self-esteem and self-confidence is critical during this period. Children who feel good about themselves are better equipped to withstand peer pressure. Remember to hug them and tell them you love them.
- Talk with your child about physical development and changes associated with puberty and body cleanliness.

- Signs of puberty may begin now or may not be present until your child is 14 or 15.

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also.)

- Your child should always wear a seatbelt. A booster seat should be used until your child is 4 foot 9 inches and his weight is above 80 lbs. Until he reaches this size, he should ride in the back seat.
- Establish and enforce consistent, explicit, and firm rules for safe behavior. Your child may participate in dangerous risk-taking behaviors as a result of peer pressure. Teach your child how to deal with peer pressure.
- Ensure that guns, if in the home, are locked up and that ammunition is stored separately. A trigger lock is an important precaution.
- A helmet is needed anytime your child is on a bicycle. Teach your child bicycle safety rules.
- Proper safety equipment is needed for roller blading and contact sports.
- Review fire safety rules as a family. Conduct fire drills at home.
- Sunscreen is required for any sun exposure.
- After leaving a wooded area check for ticks.

Next health care visit is when your child is _____ years old.

IMMUNIZATIONS

COMMENTS
