

Norman Pediatric Associates Parent Handout 9-10 Year Visit

Profile: The 9 to 10-year old is cooperative, easygoing, content, friendly, and agreeable. He/she is becoming more independent, dependable, and trustworthy. He/she can do basic multiplication, division, and fractions, reads for learning, and can write in cursive. School achievement may be very important to your child. The 9 to 10 year old is beginning to develop a conscience, wants things to be “fair”, and is aware of right and wrong. He/she is learning to accept the consequences of his/her own actions and generally, wants to do what’s right.

Feeding/Nutrition: Your child continues to need three healthy meals a day. Your child may enjoy helping to choose and prepare the family meals. Mealtimes should be enjoyable and are a good time for families to talk. Turn off the TV or radio and let your child decide how much to eat. Children watch what their parents eat, so set a good example. No candy, soda, juices, fried foods, or chips except for special occasions. He/she should drink 24 ounces of skim/fat free milk a day. Make sure your child gets plenty of water when he/she is exercising or playing sports. Your child still needs a daily multivitamin.

Toys and Activities: Good toys and activities for this age include: card and board games, jigsaw puzzles, craft sets, science kits, construction toys, sewing or knitting kits, and art supplies. Your child may want to start a hobby or a collection of dolls, trading cards, action figures, etc. He/she may enjoy sports/team activities, as well as organized clubs. Your child should be getting 60 minutes of physical activity every day. Your child may enjoy reading; offer them the opportunity to check out books frequently. Some 9 to 10 year olds are interested playing a musical instrument. Your child should have some responsibilities or chores around the house; making the job fit the child’s age.

Safety: Learn CPR.

Car: Your child needs to be in a booster seat until he/she is 4’9”. Your child should sit in the backseat of all vehicles, never in the front seat.

Water: Your child needs to be watched continuously when around water. He/she needs to wear a life vest if boating. Enroll your child in swimming lessons. Always use a broad spectrum sunscreen of SPF 30 or higher.

Smoking/Burns: If a member of the family smokes: STOP SMOKING - Ask us for help if you cannot stop smoking. A smoke free environment is important for your child’s health. Make your home and car “no smoking zones”. Your water heater should be set at less than 120° F. Test your smoke and carbon monoxide detectors frequently and change the batteries. Have a fire escape plan. Keep your child away from the hot stove, hot liquids, fireplace, curling iron, lighters, space heaters, and keep electrical tools locked up and out of reach.

Stranger: Continue to remind your child not to talk to strangers. Your child should know his/her address and phone number.

Pedestrian and Bike Safety: Your child should wear a helmet when riding a bike, scooter or skating. Remind your child of pedestrian safety skills; watch all play near streets or driveways. Know where your child is at all times. Make sure your child has the proper safety gear needed for sports and other activities.

Poisons: Keep poisons, medications, and toxic household products out of reach and locked up.

Guns: Guns should be kept unloaded and locked up. Ammunition should be locked up separately from the gun. Teach your child the **NEW** rules of gun safety. **N**ever touch a gun; **E**very gun is loaded; **W**hen in doubt, get out.

Computer: Your child should not have a computer in their room. When he/she is on the computer, monitor the online use. Install a safety filter.

Teeth/Oral Health: Your child needs to brush his/her teeth with a pea-sized amount of fluoridated toothpaste at least twice a day (after breakfast and before bed) and floss at least once a day. Your child should see a dentist at

least every 6 months or as the dentist decides. Your child is still losing “baby” teeth. Wear a mouth guard to protect teeth while playing sports.

Social Skills: Even though family is important, your child will highly value his/her friends and their opinions. Supporting and enhancing your child’s self-esteem and self-confidence is critical. Talk to your child and offer praise for his/her accomplishments. If your child feels good about himself/herself, he/she will be more able to resist negative peer pressure and make better choices. Always be a good role model and encourage your child to help others. Continue to use discipline to guide and protect your child, instead of punishment. Teach him/her to resolve conflicts and manage anger without violence. Don’t let your child hit, or allow others to hit your child. Keeping an open line of communication will help as your child becomes an adolescent. Be involved in your child’s school, go to school events, if possible, and meet your child’s teachers. Encourage your child to talk about his/her friends, school, and activities. Ask your child about his/her accomplishments and challenges, any worries he/she may have, and if anyone is being mean or being a bully. Get to know your child’s friends and their families. Make sure your child has a safe place to go after school. Make sure your child has a quiet place to do homework. Establish a family routine. Limit screen time (TV and computer) to no more than one hour a day of programs suited for your child’s age. Watch the programs with him/her and discuss what took place on the show. No TV or computer in the child’s bedroom.

Sexuality Education: Reinforce your child that no one is to see/touch your child’s private parts without permission and in the absence of mom and dad. Also reinforce that no adult is to ask for help with his/her private parts or ask the child to keep secrets from his/her parents. Talk to your child about puberty and the emotional and physical changes that may occur.

Immunizations: None for today.

Oklahoma Poison Control Center:
(405) 271-5454 (OKC area)
1-800-222-1222 (state wide toll free)

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