

## Caring for Your 9-10 Year Old

### Keep Your Child Safe

Name \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_ Date \_\_\_\_\_

#### 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 all bike riding, skateboarding, and rollerskating 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.

### **Provide Healthy 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.**

# Practice Healthy Parenting and Care-giving

## 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 use 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.

## Recommended Reading:

- *Your Child's Health*, Schmitt
- *Your Child's Self Esteem*, Briggs, D.
- *Active Parenting*, Popkin, M.
- *Siblings Without Rivalry*, Faber, A.
- *The Hurried Child*, Elkind, D.

**Next Visit: Your child's next check up is at 13-14 years old.**