

## 9-10 Years

Date: \_\_\_/\_\_\_/\_\_\_

Patient Name: \_\_\_\_\_ D.O.B.: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

**PREVIOUS** Exam: \_\_\_/\_\_\_/\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

Vitamins: \_\_\_\_\_ Milk: \_\_\_\_\_

Foods: \_\_\_\_\_ Immunizations: \_\_\_\_\_ Next Appt.: \_\_\_\_\_

Cholesterol Check: \_\_\_\_\_

### School:

- Show interest in school activities.
- If you have any concerns, ask your child's teacher for help.
- Praise your child for doing well in school.
- Set a routine and make a quiet place for doing homework.
- Talk to your child and his/her teacher about bullying.

### Your Growing Child:

- Give your child chores to do and expect them to be done.
- Be a role model for your child by saying you are sorry when you make a mistake.
- Show your child how to use his/her words when he/she is angry.
- Teach your child to help others.
- Give your child his/her own space.
- Still watch your child and your child's friends when they are playing.
- Understand that your child's friends are very important.
- Answer questions about puberty.
- Teach your child about how to be safe with other adults.
  - No one should ask for a secret to be kept from parents.
  - No one should ask to see private parts.

### Accident Prevention:

- The back seat is the safest place to ride in a car until your child is 13 years old.
- Use a booster seat until the vehicle's safety belt fits. The lap belt can be worn low and flat on the upper thighs. The shoulder belt can be worn across the shoulder and the child can bend at the knees while sitting against the vehicle seat back.
- Poison Control # 800-222-1222.
- Teach your child to swim and watch him/her in the water.
- Your child needs sunscreen (SPF15 or higher) when outside.
- If there is a gun in the home, make sure it is stored unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in the homes where your child plays. If so, make sure they are stored safely.
- Provide a good fitting helmet and safety gear for biking, skating, skiing, snowboarding, and horseback riding.
- Talk to your child about not smoking cigarettes, using drugs, or drinking alcohol.
- Make a plan for situations in which your child does not feel safe.
- Get to know your child's friends and their families.

### Healthy Habits:

- Encourage your child to eat healthy.
- Buy fat-free milk and low fat dairy foods, and encourage 3 servings each day.
- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Limit TV time to 2 hours a day.
- Make sure your child is active for 1 hour or more daily.

### Healthy Teeth:

- Help your child brush teeth twice a day. After breakfast and before bed.
- Use a pea sized amount of toothpaste with fluoride.
- Help your child floss his/her teeth once a day.
- Your child should visit the dentist at least twice a year.
- Encourage your child to always wear a mouth guard to protect teeth while playing sports.

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