



# 9-10 Year Well Child Visit

Center for Child & Adolescent Health  
St. Christopher's Hospital for Children  
(215) 427-5985



## What will happen today:

- ◆ You and your doctor will talk about your parenting, your home, your health and safety as well as your child, and keeping your child happy and healthy.
- The doctor will discuss upcoming changes during puberty.
- Discuss interactions at school with peers and teachers.
- Discuss your child's sense of responsibility, self-confidence, and decision making skills.



## Growing Up

- Assign chores to teach independence and responsibility.
- Give your child personal space at home to allow for a healthy sense of self.
- Be a positive role model by showing and talking about respect and anger management skills.
- Talk about avoiding alcohol, tobacco, and drugs. To start, ask if they know anyone that uses them, or if they have ever watched someone use them.
- Expect new adolescent behaviors. Be supportive.
- Answer questions about puberty and sexuality. Ask your child's doctor if you need help on how to talk about it.

## Healthy Relationships with Peers

- ◆ Know your child's friend and their families, and watch them when under your care.
- ◆ Talk about activities that your child and their friends like to do together and show interest.
- ◆ Ask how they will deal with being pressured to do things they do not want to do, and help them to be prepared.



## Preparing for Puberty

- ◆ Personal hygiene is very important. Promote daily bathing and cleansing routines.
- ◆ Discuss body changes. Prepare them for a growth spurt.
- ◆ Discuss normal menstruation and ejaculation early.
- ◆ Set reasonable limits and discuss coping skills before school begins.







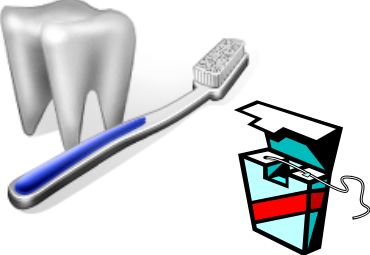


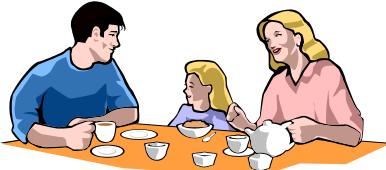




Smoke Free  
Home & Car  
1-800-QUIT-NOW

Poison Control Center  
1-800-222-1222



# Staying Healthy for 9-10 Year Olds

<p><b>Safety</b></p>	 <p>Always wear your seatbelt. Always sit in the back seat.</p>	 <p>Teach your child to swim and always supervise when around water.</p>	 <p>Always use helmets and pads.</p>
<p><b>School</b></p>	 <p>Create a quiet space for homework.</p>	 <p>Show interest in your child's school work and activities. Get involved! Ask about interest in after-school programs.</p>	 <p>Meet with the teacher about your child's schoolwork. Ask about bullies.</p>
<p><b>Oral Health</b></p>	 <p>Brush teeth twice a day, floss daily.</p>	 <p>Take your child to the dentist every 6 months.</p>	 <p>Wear a mouth guard during sports.</p>
<p><b>Nutrition &amp; Exercise</b></p>	 <p>Eat meals as a family with the TV off &amp; talk about your day.</p>	 <p>2 GLASSES OF LOW-FAT MILK 5 FRUITS &amp; VEGETABLES LIMIT FATS &amp; OILS</p> <p>Encourage healthy food choices!</p>	 <p>One hour of exercise every day with 2 hours or less of TV time</p>

At the next visit:

Your child will have a physical examination.

Your child may receive immunizations.

If you need to discuss a concern about your child, please call us at 215-427-5985.

