



## NINE AND TEN YEAR VISITS Anticipatory Guidance

### Safety

- The back seat is the safest place for children to ride until they are 13 years old.
- Your child should use a belt-positioning booster seat until the vehicle's lap and shoulder belt fits. This is typically between 8 and 12 years of age and when they are at least 57 inches tall.
- Teach your child to swim and watch her in the water.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, skiing, snowboarding, and horseback riding.
- Use a hat, sun protection clothing, and sunscreen with SPF 30 or higher. Limit time outside when the sun is strongest (11am-3pm).
- If you have a gun in your home, store it unloaded and locked with the ammunition locked separately.

### Your Growing Child

- Encourage your child to be independent and responsible. Hug and praise her.
- Spend time with your child. Get to know her friends and their families.
- Take pride in your child for good behavior and doing well in school.
- Help your child deal with conflict.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco free spaces keep children healthy.
- Put the family computer in a central place. Know who your child talks to online and install a safety filter.
- Be a model for your child by saying sorry when you make a mistake.
- Show your child how to use her words when she is angry.
- Teach your child to help others.
- Give your child chores and expect them to be done.
- Give your child her own personal space.
- Answer questions about puberty. Ask us for help if you don't feel comfortable answering questions.
- Teach your child the importance of delaying sexual behavior. Encourage your child to ask questions.
- Teach your child about how to be safe with other adults.
  - No adult should ask a child to keep secrets from parents.
  - No adult should ask to see a child's private parts.
  - No adult should ask a child for help with the adult's own private parts.

### School

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

## Healthy Habits

- Take your child to the dentist twice a year.
- Remind your child to brush her teeth twice a day.
- Use a pea-sized amount of toothpaste with fluoride.
- Remind your child to floss her teeth once a day.
- Encourage healthy eating by
  - Eating together as a family.
  - Serving vegetables, fruits, lean proteins, whole grains, and dairy.
  - Limiting sugars, salt, and low-nutrient foods.
- Encourage your child to play actively for at least 1 hour daily.
- Limit screen time to 2 hours per day (not counting schoolwork).
- Don't put a TV or computer in your child's bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

**Next Well Check:** In one year

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next year with your child.