



9-10 Year Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

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What will happen today:

- ◆ You and your medical provider will talk about parenting, your home, your child's health and safety, and keeping your child happy and healthy
- The medical provider will discuss upcoming changes during puberty
- Discuss your child's 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 with them about respect and anger management skills
- Talk with your child about avoiding alcohol, tobacco, and drugs. Begin by asking 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 medical provider if you need help on how to talk about it

Healthy Relationships with Peers:

- ◆ Know your child's friends 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. Help them to be prepared



Preparing for Puberty:

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







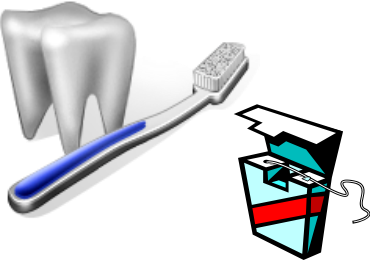


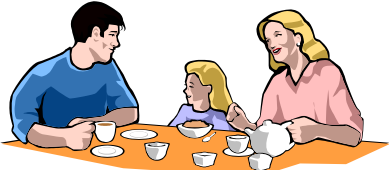
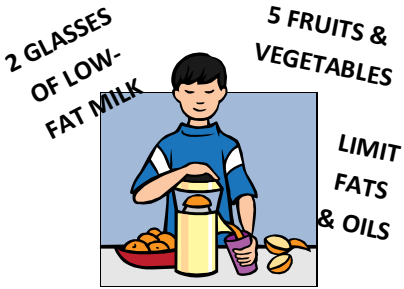



Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 9-10 Year Olds

<p>Safety</p>	 <p>Always wear your seatbelt. Always sit in the back seat</p>	 <p>Teach your child to swim and always supervise them when around water</p>	 <p>Always use helmets and pads</p>
<p>School</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>Oral Health</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>Nutrition & Exercise</p>	 <p>Eat meals as a family with the TV off and talk about your day</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 exam
- They may receive shots

