

# Well Check: 9 and 10 years (for parents)

## Helping your child learn

You can help your child learn by:

- **Having a regular time and quiet place for doing homework.** Praise your child for working hard.
- **Staying in touch with your child's teachers.** Go to parent-teacher conferences. If your child is struggling, ask the teacher about tutoring. Ask how you can help at home.
- **Helping your child get involved with activities.** Teams, clubs, and sports can help build a sense of self.
- **Discussing and discouraging social media use at this age.**

## Keeping your child active

You can help keep your child active by:

- **Encouraging your child to be active** for at least 1 hour every day.
- **Creating a media plan.** Establish rules to limit media use and create a media plan for your family at [healthychildren.org/MediaUse Plan](https://www.healthychildren.org/MediaUsePlan). Too much screen time has shown to increase a child's risk of being obese or having mood problems. Limit all of these activities to no more than 2 hours per day.

## Keeping your child safe and well

You can keep your child safe and well by:

- **Making sure your child has all the recommended immunizations (shots).**
- **Helping your child learn good sleep habits.** Your child needs 9 to 11 hours of sleep each night.
- **Setting a good example for your children by never texting or talking on the phone while driving.** If it's that important, just pull over.

- **Having your child ride in the back seat of the car until age 13.** Your child can use the car's shoulder belt if they're tall enough that their knees bend when sitting against the back of the seat. Until then, your child needs a booster seat.
- **Helping your child have healthy teeth.** Make sure your child is brushing twice a day and flossing at night. Take your child to the dentist twice a year.
- **Making sure your child wears a helmet** when riding a bike or skateboard. Be a role model by wearing safety gear also.
- **Making sure your child knows how to swim.** Stay nearby when your child is in the water.
- **Making sure your child wears sunscreen** when outside. Always have some on hand at home. Apply sunscreen 20 minutes before going out in the sun.
- **Keeping trampoline use safe.** Most trampoline injuries happen when more than one child is on it at the same time. Make sure to use safety nets and bumpers, and only allow one child to jump at a time.
- **Protecting your child from gun accidents.** Keep firearms out of areas where children live and play. If a gun is present, it is safer to store it unloaded in a secure location.

### What do I need to do next?

- 1 Review this handout.
- 2 Identify something you'd like to do right now to help your child stay safe and healthy.

## Feeding your child healthy foods

You can encourage a healthy diet by:

- **Feeding your child a healthy breakfast** every day.
- **Giving your child 5 servings of fruits and vegetables** every day. Teach them to make a few healthy snacks, like apples and cheese, or celery and peanut butter.
- **Providing your child with 3 servings of dairy products per day.** If your child doesn't eat dairy products, provide calcium and vitamin D in their daily diet.
- **Avoiding junk food.** Fast food, candy, and soda pop have no nutritional value and can be bad for your child's health. Do not keep them easily within reach at home. Your child should drink water or milk, and eat healthy snacks.
- **Eating meals together with the family.**
- **Asking your doctor for advice** if you're concerned about your child's weight or eating habits.

## Teaching your child to be safe around other people

You can teach your child to be safe by:

- **Talking with your child about bullying.** If you think your child is being bullied or is bullying someone, discuss it. If it's happening at school, talk with the teacher.
- **Making a plan for what to do when your child feels unsafe.** Make a plan for who to call if you're not available.
- **Teaching your child to be safe with adults and teenagers.** Tell your child to tell you if:
  - An adult or teenager shows your child their private parts, asks to see your child's private parts, or asks your child to keep a secret from you.
  - Anyone makes your child feel uncomfortable or worried.
- **Talking to your child about healthy sexuality.**

## Staying in touch with your child's feelings

You can stay in touch with your child's feelings by:

- **Taking time to listen to your child.** Be sure to spend lots of time listening to your child about their concerns, ideas, and friends. Get to know your child's friends.
- **Talking to your child about puberty** and what to expect. Try to make it easier for your child to ask embarrassing questions.
- **Being a model of healthy problem-solving.** Try to respond calmly in stressful situations. Say you're sorry when you make a mistake. If these things are hard for you, or if you feel so sad or irritable that it's negatively affecting your parenting, talk with your doctor or your child's doctor about help.
- **Making a plan for what to do in an emergency,** such as a fire or earthquake. Teach your child how and when to call 911.

This is general information that applies to most families. If your doctor tells you something different, follow what your doctor says.

### My follow-up appointment

Your next well-child visit will be in 1 year.

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

Here are helpful resources in the meantime:

- **IntermountainMoms** Facebook page
- For more age-appropriate safety information, visit [safekids.org](https://www.safekids.org) and sign up for the monthly newsletter.
- If you need help with housing, food, or if you feel unsafe at home, call 2-1-1, or visit [211ut.org](https://www.211ut.org) for community services.

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