

9-11 YEAR VISIT

Eating and a healthy weight

- Most children do well with three meals and one small snack per day
- Offer fruits and vegetables at meals and snacks.
- Give foods low in saturated fats and low in carbohydrates and use whole grains.
- If your child is not hungry at one meal, it is okay for him or her to wait until the next meal or snack to eat – allow self regulation.
- Do not eat a lot of fast food.
- Choose healthy snacks that are low in sugar, saturated fat, and salt.
- Offer water when your child is thirsty and avoid sodas, juices or any drinks with added sugars
- Make meals a family time.
- Do not use food as a reward or punishment for your child's behavior.
- Let all your children know that you love them whatever their size - Help your child feel good about him or herself and remind your child that people come in different shapes and sizes.
- Limit screen time to 2 hours or less per day.
- Do not put a TV in your child's bedroom and try not to eat in front of the TV.

Healthy habits

- Have your child play actively for at least one hour each day.
- Plan family activities, such as trips to the park, walks, bike rides, swimming, and gardening. Help your child brush his or her teeth 2 times a day and floss one time a day - Take your child to the dentist 2 times a year.
- Put a broad-spectrum sunscreen (SPF 30 or higher) on your child before he or she goes outside and use a broad-brimmed hat to shade his or her ears, nose, and lips.
- Do not smoke or allow others to smoke around your child.
- Put your child to bed at a regular time, so he or she gets enough sleep.

Safety

- Make sure your child wears a helmet that fits properly when he or she rides a bike or scooter. Add wrist guards, knee pads, and gloves for skateboarding, in-line skating, and scooter riding. Check safety gear for all sports and encourage regular use.
- Walk and ride bikes with your child to make sure he or she knows how to obey traffic lights and signs. Also, make sure your child knows how to use hand signals while riding.
- Show your child that seat belts are important by wearing yours every time you drive. Have everyone in the car buckle up.
- Check the laws in your state about riding in the front seat.
- Explain the danger of strangers and talk about on-line safety as well as interactions on social media and appropriate texting and cell phone use.
- It is important to teach your child to be careful around strangers and how to react when he or she feels threatened.

****Next Visit: 1 year for well child visit***



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Parenting

- Set realistic family rules and set clear limits and consequences for breaking those rules
- Give your child more freedom and responsibility when he or she seems ready.
- Have your child do chores that stretch his or her abilities.
- After giving your child time to think about a problem, help him or her to understand the situation.
- Help your child learn how to make and keep friends.
- Teach your child how to introduce himself or herself, start conversations, and politely join in play.

Pre-teen development

- Although your child is growing quickly and becoming more mature, he or she still needs you to set limits and help guide his or her behavior.
- You also need to teach your child how to be safe when away from home.
- Children like to spend time with friends and are starting to become more independent and improve their decision-making skills.
- While they like you and still listen to you, they may start to show irritation with or lack of respect for adults in charge.

Talk about body changes

- Start talking about the changes your child will start to see in his or her body and always encourage open and honest communication
- This will make it less awkward and encourage open conversations and honesty between parents and children - Be patient. Your child may be interested but too embarrassed to ask.
- Create an open environment - Let your child know that you are always willing to talk.
- Your child can use your values to develop his or her own set of beliefs.

School

- Tell your child why you think school is important.
- Show interest in your child's school.
- Encourage your child to join a school team or activity.
- If your child is having trouble with classes, find help.
- If your child is having problems with friends, other students, or teachers, work with your child and the school staff to find out what is wrong.

Immunizations

Flu immunization is recommended once a year for all children ages 6 months and older.

11 years old vaccines: Tdap (Tetanus, Diphtheria, Pertussis), Gardasil (HPV), MCV (Meningitis)

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