



NINE & TEN YEARS OLD

WELL CHILD CHECK

NUTRITION

- THREE HEALTHY MEALS WITH 2-3 HEALTHY SNACKS PER DAY
 - Use WWW.CHOOSEMYPLATE.GOV TO CORRECTLY PORTION MEALS
- SKIM OR 2% MILK
 - NO MORE THAN 16-24 OZ PER DAY
- ALWAYS EAT BREAKFAST.
- ALLOW YOUR CHILD TO DECIDE WHEN HE IS FULL.
- EAT MEALS AS A FAMILY WITHOUT THE TV.
- LIMIT HIGH FAT FOODS AND CANDY
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

YOUR GROWING CHILD

- GIVE YOUR CHILD CHORES TO DO.
- TEACH YOUR CHILD HOW TO HELP OTHERS.
- DISCUSS PUBERTY AND BODY CHANGES.
- CREATE A HOMEWORK ROUTINE.

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS (BHCs) ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- DISCUSS BULLIES AND TEACH YOUR CHILD TO SOLVE CONFLICT BY TALKING THROUGH OR WALKING AWAY.
- SLEEP HYGIENE
 - NO SCREEN TIME 2 HOURS BEFORE BED
 - HAVE A REGULAR BEDTIME

HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY AND FLOSS ONCE PER DAY.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

NEXT VISIT: 1 YEAR

FOR MORE INFORMATION, PLEASE VISIT
WWW.HEALTHYCHILDREN.ORG

KEEP YOUR CHILD SAFE

- USE A BOOSTER SEAT UNTIL 4'9"
 - SIT IN THE BACK SEAT UNTIL AGE 13 YEARS
- TEACH YOUR CHILD HOW TO BE SAFE AROUND OTHER ADULTS.
 - NO ADULT SHOULD ASK TO KEEP SECRETS OR LOOK AT PRIVATE PARTS
- DO NOT APPROACH STRANGE ANIMALS
- NEVER LEAVE YOUR CHILD IN WATER ALONE.
 - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
 - TEACH YOUR CHILD TO SWIM!
- STORE FIREARMS IN A LOCKED AREA UNLOADED.
- TEACH YOUR CHILD HOW TO SAFELY CROSS THE STREET.
- ALWAYS WEAR A HELMET WHEN RIDING A BICYCLE OR SCOOTER
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- KNOW YOUR CHILD'S FRIENDS AND THEIR FAMILIES.
- NO TV OR COMPUTER IN YOUR CHILD'S ROOM.
- KNOW WHO YOUR CHILD TALKS TO ONLINE AND DO NOT GIVE OUT PERSONAL INFO.
- DISCUSS HOW TO STAY SAFE AND A PLAN FOR PERSONAL SAFETY.
- CALL POISON CONTROL CENTER (1-800-222-1222) IF YOUR CHILD EATS A POISON, MEDICATIONS, OR CLEANING SUPPLIES.

ACTIVITIES

- BE PHYSICALLY ACTIVE FOR 60 MINUTES PER DAY
- SHOW INTEREST IN YOUR CHILD'S SCHOOL ACTIVITIES.
- TALK ABOUT WORRIES.
- LIMIT TV, IPAD, COMPUTER, AND CELL PHONE TIME TO LESS THAN 2 HOURS PER DAY AND ALWAYS SUPERVISE SCREEN TIME