



What You Need to Know: 9 and 10 Years Old

Nutrition

- Be a good role model of healthy eating.
- Eat meals as a family whenever possible.
- Offer healthy choices. Limit foods and drinks which are high in simple sugars, fats, and refined flour. Avoid foods with trans fats and drink plenty of water. Limit sugary beverages like soda, juice, and sports drinks.
- Encourage your child to eat at least 5 servings of fruit and vegetables every day.
- Dairy products like yogurt & cheese, are important for calcium, Vitamin D, protein, and overall nutrition.
- Encourage your teen to get 1 hour of vigorous physical activity every day.

Parenting

- Encourage your child's independence and self-responsibility. Assign age-appropriate household chores to your child.
- Spend time with your child. Talk with her about her friends, her accomplishments, and what challenges she will face.
- Be involved with your child's school. Go to school events; meet your child's teachers.
- Help your child develop his sense of right and wrong. Talk with him about risky things friends might pressure him to do, like smoking or drinking.
- Help your child develop a sense of responsibility—involve your child in household tasks like cleaning and cooking. Talk with your child about saving and spending money wisely.
- Meet the parents of your child's friends.
- Talk with your child about respecting others. Encourage her to help people in need. Talk with her about what to do when others are not kind or are disrespectful.
- Help your child set his own goals. Encourage him to think about skills and abilities he would like to have and how to develop them.
- Make clear rules and stick to them. Talk with your child about what you expect from her (behavior) when no adults are present. If you provide reasons for rules, it will help her to know what to do in most situations.
- Use discipline to guide and protect your child, instead of punishment to make him feel bad about himself.
- When using praise, help your child think about her accomplishments. Saying "you must be proud of yourself" rather than simply "I'm proud of you" can encourage your child to make good choices when nobody is around to praise her.
- Talk with your child about the normal physical and emotional changes of puberty.
- Encourage your child to read every day. Talk with him about his homework.
- Be affectionate and honest with your child and do things together as a family.

Sleep

A regular bedtime routine is very important to children. At this age, the average child sleeps 9-12 hours per day. Typical bedtime at this age is 8-9 pm. If your child's nighttime fears are disrupting sleep, please discuss it with your pediatrician for some helpful suggestions.

Development

- Start to form stronger, more complex friendships and peer relationships. It becomes more emotionally important to have friends, especially of the same sex.
- Experience more peer pressure.
- Become more aware of his or her body as puberty approaches. Body image and eating problems sometimes start around this age.
- Face more academic challenges at school.
- Become more independent from the family.
- Begin to see the point of view of others more clearly.
- Have an increased attention span.

Safety

- Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face.
- If you have a gun in the home, make sure it is in a locked safe, unloaded, and separate from ammunition.
- Use a broad-spectrum, PABA-free sunscreen with at least SPF 30 during outside play, even in winter months and reapply frequently.
- Use a properly fitted bicycle helmet whenever your child is on a bicycle or a tricycle, skateboard, scooter, skates, snowboard, or while skiing.
- Use appropriate protective equipment during sports– helmet, mouth guard, & shatterproof eye gear.
- Develop a fire escape plan for your home and teach your child. Check smoke detector batteries every 6 months.

Other Things....

- Dental care – schedule dental visits every 6-12 months.
- Brush teeth twice a day and floss daily.
- Help your child learn about healthy lifestyles– encourage one hour of exercise daily and teach good nutrition.
- Limit the amount of screen time (no more than 2 hours a day) and monitor the types of shows your child watches. Limit computers and video games. Avoid violent games and stick to age-appropriate content.
- Do not over-schedule your child. Too many activities can stress a child and family. Grades may suffer, too.
- Wear sunscreen with at least SPF 30 during outside play, even in winter months and reapply frequently.

Next Well Visit (yearly)

Suggested Reading

[How to Talk So Kids Will Listen & Listen So Kids Will Talk](#)
[by Adele Faber and Elaine Mazlish](#)
[Parenting with Love and Logic by Foster Cline and Jim Fay](#)

[The Five Love Languages of Children by Gary Chapman and Ross Campbell](#)

[The Whole Brained Child 12 Revolutionary Strategies to Nurture Your Child's Developing Mind](#)
[by Daniel J. Siegel and Tina Payne Bryson](#)

[The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed by Jessica Lahey](#)

[Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Daniel J. Siegel and Mary Hartzell](#)

[United Way of Utah County: Everyday Strong Resilience Handbook](#)

Useful Websites

www.canyonviewpediatrics.com

www.cdc.gov/vaccines

www.aap.org

www.healthychildren.org