

## **PARENT INFORMATION SHEET FOR 9-11 YEAR-OLDS**

### **VACCINES:**

- \* Tdap Booster - prevents tetanus (“Lock-jaw”), diphtheria and pertussis (“Whooping Cough”). The first dose is usually given at 11 years of age.
- \* Meningococcal Conjugate Vaccine (MCV4), 1<sup>st</sup> dose – prevents severe infections like meningitis. The first dose is usually given at 11 years of age. The second dose is given at 16 years of age.
- \* Human Papillomavirus (HPV), 1<sup>st</sup> dose – this series of three doses prevents infection with HPV, a virus that causes cervical cancer (in females), throat cancer, and genital warts. The first dose is usually given at 11 years of age. Your child should return for a nursing visit in two months to get the second dose.
  
- \* Flu vaccine may be offered during the months of October – March.
- \* Most children do not get serious side effects from the vaccines. If side effects occur, they are usually mild. Fever and discomfort at the injection site are common. Acetaminophen (Tylenol and other brands) can help.

### **SCREENING TESTS:**

- \* Complete Blood Counts (CBC) or Hemoglobin (Hgb) – a test for anemia, or low red blood cell counts. In children, anemia usually is from not eating foods with enough iron. We test all children at 12 and 17 years of age to make sure their bodies have enough iron. At other ages, we only test children who are at high risk.
- \* Cholesterol test, or Lipid Panel – a test for high cholesterol levels. This may be offered if your child is considered high risk.
- \* Tuberculosis skin test (for “TB” – also called the “PPD test”) – This is only done for children who are at high risk of TB infection. Please bring your child back to the clinic in 2-3 days to document the results. Children who are 5 years of age or older may be eligible to have TB testing done as a blood test instead of the PPD.
- \* Vision Test – is done to check for vision problems. For older children and teens, it is done routinely every 2 – 3 years. It is done at other ages only if there is a concern about the child’s vision.
- \* Hearing Test – is done to check for hearing problems. For older children and teens, it is done once for pre-teens and once for older adolescents, usually at 10 and 18 years of age. It is done at other ages only if there is concern about the child’s hearing or language development.

### **DEVELOPMENT and PARENTING TIPS:**

*Your child is on the cusp of adolescence with all of its exciting changes and challenges!*

Here are some developmental milestones and parenting tips for typical 9-11 year old children:

*School:*

- \* Encourage your child to think of school as fun and show interest in his or her school activities.
- \* If you have concerns about academics or problems like bullying, approach your child's teacher and encourage your child to ask for help.
- \* Set up a routine and make a quiet time and place for homework every evening.

*Home:*

- \* Give your child chores to do around the house and expect them to be done.
- \* Give your child some space and privacy.
- \* Keep televisions and computers out of your child's bedroom and consider limiting screen time to less than 1 hour per day. This includes video gaming, too.
- \* Encourage your child to be active for at least 1 hour a day
- \* Try to eat as a family when possible. Talk about your day's activities with your child.

*Social Development:*

- \* Allow your child to take part in after school activities (sports, music/theater, church groups, etc...). These can give children a chance to meet new friends and develop new interests.
- \* Talk to your child about bullying. Encourage him or her to tell adults if other children are picking on him or her.
- \* Your child's friends at this age are very important to him or her. Get to know them and still supervise them when they are playing.
- \* Puberty is coming soon. Talk to your child directly about puberty and sexuality. Answer their questions as directly as possible. Make sure your child understands what is considered appropriate behavior around children of the opposite sex.
- \* Talk to your child directly about not smoking cigarettes, using drugs, or drinking alcohol.

*Behavior:*

- \* Praise and rewards for good behavior are still the best ways to teach your child what you expect.

- \* Be a model for your child by apologizing when you make a mistake.

### **NUTRITION and EATING BEHAVIORS:**

- \* For children who are growing normally, focus on helping your child develop healthy eating habits (diets high in fruits and vegetables and low in fats).
- \* Offer 5 servings of vegetables and fruits at meals and snacks every day.
- \* Avoid juice: juice is not necessary, and one cup per day is enough. Limit candy, soft drinks and sweets.
- \* Serve milk with meals. Buy fat-free milk and low-fat dairy foods.
- \* Children who do not drink at least 32 ounces of milk fortified with vitamin D each day will need extra vitamin D. If you have concerns that your child is not getting enough vitamin D, ask us to recommend a multivitamin or vitamin D supplement. For children who cannot drink milk, be sure that alternatives like soy milk are fortified with vitamin D.
- \* If changes in your child's diet are needed, try making those changes for the whole family. If everyone in the family follows the same eating habits, your child is more likely to follow those examples.
- \* As much as possible, try to have relaxed family meals, avoiding TV during meals.
- \* Treats or fun foods (pizza, ice cream, etc...) do not have to be excluded, but should not be a main part of the diet.
- \* Be careful not to let your child overeat. Obesity is becoming a serious problem for many children. The palm of your child's hand is an appropriate portion size. Limit starchy foods like rice, pasta, bread, and potatoes to one portion size per meal.

### **HYGIENE:**

- \* Bring your child to the dentist every 6 months.
- \* Your child should be brushing his teeth and flossing at least two times per day. Be sure to use toothpaste that contains fluoride. Make sure your child is seeing the dentist at least once per year. Most dentists want to see children every six months.
- \* Drink your tap water! Most of the towns in our area have clean and safe tap water that comes from state reservoirs. This water contains fluoride to make your teeth strong. If you're not sure about your town's water supply or whether it has fluoride, ask your child's doctor. Bottled water usually is NOT necessary.

### **SAFETY ISSUES:**

- \* Keep your child in the back seat of the car until he or she is about 13 years of age. Always use seatbelts. Booster seats should be used until your child is at least 4 feet and 9 inches tall.
- \* Your child should wear a helmet every time he or she rides a bicycle or skateboard or rollerblades. Parents should provide a good example and also wear helmets. Wrist guards are a good idea for skateboarding and rollerblading too.
- \* Teach your child how to be safe near the water. Swimming lessons are a good idea.
- \* Talk to your child about strangers. No one should ask to see a child's genitals. Also teach your child not to accept food or candy from strangers and never to get in a care with a stranger. Make plans about what your child can do if he or she does not feel safe.
- \* Get to know your child's friends and their families.
- \* Teach your child what to do in case of a fire or emergency. Teach them how and when to dial 911.
- \* If you must own a gun, store it unloaded and locked with the ammunition stored separately from the gun.
- \* Children younger than 12 are not old enough to be home alone except for very short amounts of time.
- \* No smoking in the house! We strongly encourage parents who smoke to try to quit. Even the smoke on your clothes, hair, and breath can affect your child. Ask us for information on how to quit.

**NEXT VISIT:** once per year for check-ups/physicals and as needed for other problems, illnesses, or injuries

## **WANT MORE INFORMATION?**

**The internet can be an excellent source of information on child health and development. Be sure that the websites you visit are reputable! If you have questions, please ask us.**

**Check out *Bright Futures* parent information from the American Academy of Pediatrics at:**

**For 9 -11 years of age:**

**<http://brightfutures.aap.org/pdfs/Visit%20Forms%20by%20Age%20110/9,%2010%20Year/C.MCh.PH.9,10yr.pdf>**

**For 11 years of age who are more mature:**

<http://brightfutures.aap.org/pdfs/Visit%20Forms%20by%20Age%2010/11-14%20Year/D.Adol.PH.EA.pdf>

Check out *Healthy Children* parent information from the American Academy of Pediatrics at:

[www.healthychildren.org/](http://www.healthychildren.org/)

Find more information and tools on our CHA website page for parent resources at:

<http://www.challiance.org/Services/PediatricsResourcesforParents.aspx>

Find us on Facebook at:

<https://www.facebook.com/CHAPediatrics>

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