



SOCIETY HILL PEDIATRICS

Advocare Advice for Age 9-10 Years

Immunizations:

- All children should receive a flu shot every year.
- Children who have not received a second Varicella vaccine should get it now.
- Children who have not completed vaccines for Hepatitis A should do so now.

Safety:

- Use an approved car seat in the back seat of your car. If your child weighs more than forty pounds, use a booster seat with a high back. All children should stay in car seat devices until they weigh 80 pounds or have reached a height of four feet nine inches (4'9"). *Seatbelts alone are unsafe and illegal for seven-year olds.*
- Teach your child how to swim; always supervise children near water.
- Use sunscreen whenever your child is outside.
Provide a helmet that fits correctly and safety gear for biking, skating, skiing, snowboarding, and horseback riding. Children playing team sports should wear appropriate safety gear.
- Make sure your smoke alarms and carbon monoxide detectors are working, and practice an emergency plan with your children.
- Keep your home and car smoke-free.
- Avoid having a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked-up somewhere separately from the gun.
- Teach children about street safety. Children are not ready to cross the street alone until at least age 10.
- Know your child's friends and their families.
- Teach children about safe behavior with other adults:
 - No one should ask children to keep a secret from their parents.
 - No one should ask to see private parts.
 - No one should ask for help with his/her private parts.
- Teach children their address and phone number.
- Teach children when and how to dial 911.
- Monitor your child's computer use:
 - Teach children never to communicate with strangers via the internet.
 - Remind children never to post any personal information such as their name, address, age, or name of their school.
 - If children use social media sites such as Facebook or MySpace, make sure privacy settings allow access only to friends and family.
 - Install a safety filter.

Staying Healthy:

- Children should eat a healthy breakfast every day.
- Eat together often as a family.
- Buy fat-free milk dairy foods; encourage 3 to 4 servings each day.

- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Avoid candy, high fructose drinks, and high-fat “junk” foods.
Help children brush their teeth twice a day, floss daily, and visit the dentist every six months.
- Encourage your child to be physically active for at least one hour a day.
- Avoid children’s exposure to cigarette smoke.

Development:

- At nine to ten years old, children should understand the connection between responsibilities and privileges.
- Give your child chores and expect them to be completed.
- Help your child to become independent with schoolwork and homework.
- Help your child establish a homework routine, with a set time and a quiet space in which to work.
- Limit TV, videos, and computer games. We encourage no screen time on school nights, and limit weekend screen time to two hours per day.
- Children should not have a TV or computer in their bedrooms.
- Help your child select age-appropriate books; encourage reading.
- Allow for “down time.” Don’t over-schedule your child.
- Your child may start to ask questions about body image and sexuality. Answer simply and honestly. Allow for more questions. Ask us if you have concerns and/or questions.

Useful Websites:

- www.mypyramid.com
- www.kids.gov
- www.kidshealth.org
- www.cdc.gov/family/kids

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