



SOCIETY HILL PEDIATRICS

What Children Ages 9 & 10 Should Know: Advice From Your Doctor!

Do Your Best

- Try your best at school. Doing well in school is important to how you feel about yourself.
- Ask for help when you need it.
- Join clubs and teams you like.
- Tell kids who pick on you or try to hurt you to stop—then walk away.
- Tell adults you trust about any bullies who bother you.

Play It Safe

- Don't open the door to anyone you don't know.
- Never get in a car with a stranger.
- Have friends over only when your parents say it's OK.
- Wear your helmet for biking, skating, skiing, and skateboarding.
- Ask an adult for help if you are scared or worried.
- If anyone does or says anything to you that makes you uncomfortable, tell your parents.
- Always sit in the back seat of the car and use a booster seat or wear your seatbelt.
- Don't play with matches.
- If you use the internet, follow these important rules:
 - Never put your name, age, address, name of your school or any other personal information on the internet.
 - Never 'talk' to a stranger on the internet.
 - If you use social media sites like Facebook and MySpace, adjust your privacy settings so that only your friends and family can see your profile and photos.

Eat Well, Be Active

- Eat breakfast every day.
- Drink at least 2 cups of milk a day.
- Try to eat a total of at least 5 fruits and vegetables every day.
- Eat healthy snacks like fruit, cheese, nuts, and yogurt.
- Drink water or milk; avoid sugary drinks, sodas, juice, and "power" drinks.
- Healthy eating is important to help you do well in school and sports.
- Eat with your family often.
- Stay away from "screen" time—TV, computer, electronic games—on school nights, and limit screen time to two hours on the weekend.
- Try to be physically active at least one hour each day.

Healthy Teeth

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Visit the dentist twice a year.
- Wear your mouth guard when playing sports.
- Avoid sugary, gummy foods that will stick to your teeth and cause cavities.

Doctor Visits

- Remember if you are allergic to anything like foods or medication or bee stings.
- Remember that you can always talk to your doctor about concerns you have about your body or how you are feeling.

Learn More

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

Janet Crino, MD; Shea Cronley, MD; Cynthia Hill, MD; M. Bidi McSorley, MD;
Roshani Anandappa, MD; Randi Kamen, CRNP; Shobha Sharma, CRNP;
Jessica Stickley, RN, MSN; Beverly Viscusi, CRNP

Advocare Society Hill Pediatrics, 1233 Locust Street, Suite 400, Philadelphia, PA 19107
Phone (215) 545-8188/Fax (215) 545-8446