



PEARLAND PEDIATRICS

& SPORTS MEDICINE

9-10 YEARS OLD

DOING WELL AT SCHOOL

Try your best at school. Doing well in school is important to how you feel about yourself.

Ask for help when you need it.

After school activities such as clubs, sports, and church groups are a great way to make friends.

Tell kids who pick on you or try to hurt you to stop bothering you. Then walk away.
Tell adults you trust about bullies.

PLAYING IT SAFE

Wear your seat belts at all times in the car.
Use a booster seat if the seat belt does not fit you yet. Sit in the back until you are 13. It is the safest place.

Wear your helmet for biking, skating, and skateboarding. Always wear the right safety equipment for your activities.

Never swim alone.

Use sunscreen with an SPF of 15 or higher when out in the sun.

Have friends over only when your parents say it's OK.

Ask to go home if you are uncomfortable with things at someone else's house or a party.

Avoid being with kids who suggest risky or harmful things to do.

Know that no older child or adult has the rights to ask to see or touch your private parts, or to scare you.

HEALTHY TEETH

Brush your teeth at least twice each day, morning and night.

Floss your teeth every day.

Wear your mouth guard when playing sports.

EATING WELL, BEING ACTIVE

Eat breakfast every day. It helps learning.

Aim for eating 5 fruits and vegetables every day.

Drink 3 cups of low-fat milks or water instead of soft drinks or juice drinks.

Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.

Eat healthy snacks like fruit, cheese, and yogurt.

Eat with your family often.

Talk with your provider about plans for weight loss.

Plan to get at least 1 hour of active exercise every day.

Limit electronics/screen time to 2 hours a day.

GROWING AND DEVELOPING

Ask a parent or trusted adult questions about changes in your body.

Talking is a good way to handle anger, disappointment, worry, and feeling sad.

Everyone gets angry.

- Stay calm.

- Listen and talk through it.

- Try to understand the other person's point of view.

Don't stay friends with kids who ask you to do scary or harmful things.

9-10 YEARS OLD

It's OK to have up-and-down moods, but if you feel sad most of the time, talk to us.

Know why you say "No!" to drugs, alcohol, tobacco, and sex.

WEBSITES

www.pearlandpediatrics.com

www.aap.org

www.cdc.gov/vaccines

www.healthychildren.org

AT TODAY'S CHECK-UP

Your child will have a physical exam and your questions and concerns will be answered.

Your child is due for a non-fasting lipid test.

Your child should receive an annual flu vaccine.

YOUR NEXT APPOINTMENT IS IN 1 YEAR.