



BRIGHT FUTURES HANDOUT ► PARENT

9 AND 10 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- Encourage your child to be independent and responsible. Hug and praise him.
- Spend time with your child. Get to know his friends and their families.
- Take pride in your child for good behavior and doing well in school.
- Help your child deal with conflict.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs. If you're worried about a family member's use, let us know, or reach out to local or online resources that can help.
- Put the family computer in a central place.
- Watch your child's computer use.
 - Know who he talks with online.
 - Install a safety filter.

✓ STAYING HEALTHY

- Take your child to the dentist twice a year.
- Give your child a fluoride supplement if the dentist recommends it.
- Remind your child to brush his teeth twice a day
 - After breakfast
 - Before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Remind your child to floss his teeth once a day.
- Encourage your child to always wear a mouth guard to protect his teeth while playing sports.
- Encourage healthy eating by
 - Eating together often as a family
 - Serving vegetables, fruits, whole grains, lean protein, and low-fat or fat-free dairy
 - Limiting sugars, salt, and low-nutrient foods
- Limit screen time to 2 hours (not counting schoolwork).
- Don't put a TV or computer in your child's bedroom.
- Consider making a family media use plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- Encourage your child to play actively for at least 1 hour daily.

✓ YOUR GROWING CHILD

- Be a model for your child by saying you are sorry when you make a mistake.
- Show your child how to use her words when she is angry.
- Teach your child to help others.
- Give your child chores to do and expect them to be done.
- Give your child her own personal space.
- Get to know your child's friends and their families.
- Understand that your child's friends are very important.
- Answer questions about puberty. Ask us for help if you don't feel comfortable answering questions.
- Teach your child the importance of delaying sexual behavior. Encourage your child to ask questions.
- Teach your child how to be safe with other adults.
 - No adult should ask a child to keep secrets from parents.
 - No adult should ask to see a child's private parts.
 - No adult should ask a child for help with the adult's own private parts.

✓ SCHOOL

- Show interest in your child's school activities.
- If you have any concerns, ask your child's teacher for help.
- Praise your child for doing things well at school.
- Set a routine and make a quiet place for doing homework.
- Talk with your child and her teacher about bullying.

Helpful Resources: Family Media Use Plan: www.healthychildren.org/MediaUsePlan

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

9 AND 10 YEAR VISITS—PARENT

✓ SAFETY

- The back seat is the safest place to ride in a car until your child is 13 years old.
- Your child should use a belt-positioning booster seat until the vehicle's lap and shoulder belts fit.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Teach your child to swim and watch him in the water.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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BRIGHT FUTURES HANDOUT ► PATIENT

9 AND 10 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you and your family.

✓ TAKING CARE OF YOU

- Enjoy spending time with your family.
- Help out at home and in your community.
- If you get angry with someone, try to walk away.
- Say “No!” to drugs, alcohol, and cigarettes or e-cigarettes. Walk away if someone offers you some.
- Talk with your parents, teachers, or another trusted adult if anyone bullies, threatens, or hurts you.
- Go online only when your parents say it’s OK. Don’t give your name, address, or phone number on a Web site unless your parents say it’s OK.
- If you want to chat online, tell your parents first.
- If you feel scared online, get off and tell your parents.

✓ EATING WELL AND BEING ACTIVE

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Wear your mouth guard when playing sports.
- Eat breakfast every day. It helps you learn.
- Be a healthy eater. It helps you do well in school and sports.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Eat when you’re hungry. Stop when you feel satisfied.
 - Eat with your family often.
- Drink 3 cups of low-fat or fat-free milk or water instead of soda or juice drinks.
- Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
- Talk with us if you’re thinking about losing weight or using dietary supplements.
- Plan and get at least 1 hour of active exercise every day.

✓ GROWING AND DEVELOPING

- Ask a parent or trusted adult questions about the changes in your body.
- Share your feelings with others. Talking is a good way to handle anger, disappointment, worry, and sadness.
- To handle your anger, try
 - Staying calm
 - Listening and talking through it
 - Trying to understand the other person’s point of view
- Know that it’s OK to feel up sometimes and down others, but if you feel sad most of the time, let us know.
- Don’t stay friends with kids who ask you to do scary or harmful things.
- Know that it’s never OK for an older child or an adult to
 - Show you his or her private parts.
 - Ask to see or touch your private parts.
 - Scare you or ask you not to tell your parents.
 - If that person does any of these things, get away as soon as you can and tell your parent or another adult you trust.

✓ DOING WELL AT SCHOOL

- Try your best at school. Doing well in school helps you feel good about yourself.
- Ask for help when you need it.
- Join clubs and teams, faith groups, and friends for activities after school.
- Tell kids who pick on you or try to hurt you to stop. Then walk away.
- Tell adults you trust about bullies.

9 AND 10 YEAR VISITS—PATIENT



PLAYING IT SAFE

- Wear your lap and shoulder seat belt at all times in the car. Use a booster seat if the lap and shoulder seat belt does not fit you yet.
- Sit in the back seat until you are 13 years old. It is the safest place.
- Wear your helmet and safety gear when riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Always wear the right safety equipment for your activities.
- Never swim alone. Ask about learning how to swim if you don't already know how.
- Always wear sunscreen and a hat when you're outside. Try not to be outside for too long between 11:00 am and 3:00 pm, when it's easy to get a sunburn.
- Have friends over only when your parents say it's OK.
- Ask to go home if you are uncomfortable at someone else's house or a party.
- If you see a gun, don't touch it. Tell your parents right away.

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