

Your 9- to 11-Year-Old Child

Diet

- Offer a variety of healthy foods, and try to eat together as a family. Make time for breakfast. Encourage fruits, vegetables, and whole grains. Have your child help in the kitchen.
- Try to avoid fast foods, junk foods, sweets and sport/energy drinks.
- Your child is building bone strength. Encourage exercise and calcium intake. Try for 16–20 ounces per day of low-fat milk. Other foods with calcium (yogurt, cheese, soy or almond milk, tofu, kale, broccoli) can also help meet calcium needs. Calcium supplementation is an option if your child doesn't eat these foods.
- Multivitamins may be recommended if your child's diet seems consistently inadequate.

Elimination

- If your child is still wetting the bed at this point, discuss this with your provider.
- If stools are infrequent, hard or painful, let us know. We may suggest dietary measures and/or a stool softener.

Sleep

- A regular bedtime routine is very important to children. Between 9 and 11 years of age, the average child needs about 9–10 hours of sleep.
- If your child regularly snores or sleeps restlessly, discuss this with your provider.

Development

- From 9 years of age, children steadily improve their motor skills and coordination. Regular physical activity is very important for healthy hearts and bodies.
- At this age, many children become involved in a variety of activities. Take care to make sure your child does not become overscheduled. Parents need to balance enriching activities with “down time” and family time.
- Peer relationships and acceptance will become increasingly more important. Your child needs to learn how to handle peer pressure. Consider role playing with your child.

- Children perceive and respond to stress based on their experience and also their temperament. As they grow, children improve in their ability to handle stress, especially if they have the emotional support of family and friends.
- Signs of puberty may begin to appear. For girls, the average age for breast development is 10. Have a frank discussion with your daughter about menstruation. For boys, the average age for testicular enlargement is 11. Talk to your child about how the body changes and develops. Use correct terminology.
- Answer your child's questions about sex in a matter-of-fact way. There are many books to assist parents with this topic. If you are uncomfortable with the topic, we can address concerns at the checkup.
- Each year, your child should take on more responsibilities. Most children can help clean their rooms, make their beds, pick up their toys and help out in the kitchen or the yard. Doing chores teaches that life requires work, not just play.
- Consider a small allowance so your child can learn to manage money.

Safety

- Children ages 9 through 12 must be secured in a booster seat or a lap/shoulder restraint in the back seat. Make a point of wearing your own seat belt, and don't text while driving.
- If you own a gun, store it unloaded and locked in a separate location from ammunition (which should also be locked).
- Teach the “rules of the road” when on foot or on a bicycle. Use a properly-fitted bicycle helmet and teach bicycle, roller-blade and scooter safety.
- Use an age- and weight-appropriate life jacket at beaches and on boats. If your child is a non-swimmer, enroll your child in organized swimming lessons and make sure your child learns about diving safety. Knowing how to swim does not ensure “drown-proofing” for children of any age; supervision is still required.
- Continue to use sunscreen with SPF 30 or greater.

(continued)

- Use appropriate protective equipment during sports — helmet, mouth guard and shatterproof eye gear.
- Discuss stranger safety and playground safety.
- Start a dialogue with your child about avoiding tobacco, alcohol and drugs.
- Develop and rehearse a fire escape plan for your home. Review how to call 911.

Other things to keep in mind

- Limit the amount of TV and monitor the types of shows your child watches. Avoid violent video games. Set reasonable rules and guidelines for TV and computer use.
- The computer should be in a location that allows you to monitor your child’s internet activity (not in your child’s bedroom). Teach your child to never give out identifying information online. Get to know the services and websites that your child uses. Instruct your child to tell you about any online interactions that are suggestive, obscene, threatening or make your child feel uncomfortable.
- Children will continue to be curious about their developing body parts. Let your child know that body parts which are covered by a bathing suit are private, and that it is never OK for an adult to express interest in private parts or ask a child for help with private parts. (An exception is that medical personnel need to check ALL body parts during annual checkups.)
- Teach your child that it is always OK to ask a trusted adult for help if he is scared or worried.
- Spend quality time with your child everyday — encourage reading and hobbies, take an interest in your child’s day at school and get to know your child’s friends.

Fever/Illness

- Fever is a common symptom in children, usually caused by the immune system’s response to an infection. Any temperature over 100.4° F is considered a fever. Once you’ve identified a fever, you can treat it with acetaminophen or ibuprofen to make your child more comfortable. Depending on other symptoms, it may be necessary to come to the office, although most fevers are caused by viruses, and can be managed at home.
- More important than the number on the thermometer is how your child looks and acts. If your child is interactive after receiving fever medicine, that is a good sign.
- Please call our office to report fever that lasts more than 72 hours, or is accompanied by other concerning symptoms (decreased drinking, decreased urine output, labored breathing, or looking very ill).
- Being prepared can help you cope with fever. Keep your thermometer handy, have acetaminophen or ibuprofen (and dosing information) available, and take these with you when travelling.

Prevention

- Schedule dental visits every six months, and have your child brush twice a day. Flossing should be done daily.
- A good resource for information about vaccines is vaccine.chop.edu/parents.
- A useful website for reliable information about a wide variety of pediatric health topics is healthychildren.org.

At today’s and each yearly check-up

- Your child will have a physical examination. Your questions and concerns will be answered.
- Your child may need a tuberculosis skin test; tetanus, diphtheria, pertussis (Tdap) vaccine; meningitis vaccine (Menactra); and human papilloma virus vaccine (HPV, Gardasil).

Acetaminophen Dosing Instructions			
Every 4–6 hours and no more than 4 doses/day			
Weight	Dose	Liquid Suspension	Chews
48–59 lbs	320 mg	2 teaspoons	2 x 160 mg
60–71 lbs	400 mg	2½ teaspoons	2½ x 160 mg
72–95 lbs	480 mg	3 teaspoons	3 x 160 mg

Ibuprofen Dosing Instructions		
Every 6–8 hours		
Weight	Dose	Liquid Suspension
48–59 lbs	150 mg	2 teaspoons
60–71 lbs	200 mg	2½ teaspoons
72–95 lbs	250 mg	3 teaspoons