



DESERT GROVE

Family Medical

Specializing in the HEALTH of Your Family!

9-10 Year Check

GROWTH AND DEVELOPMENT:

Growth at this age continues to be slow and steady. Muscle strength increase, but are not fully developed and are easily injured by over-use. Plenty of activity is necessary during this period to help develop the child's strength and coordination. However, they may not be ready for the hard sport activities. Adults should understand the child's limits and teach safety to avoid injury.

Girls will have a growth spurt earlier than boys. There are big differences in the way children develop at this age. Parents should remember that body changes when growing up is different from emotional and socially growing up. Children should be treated according to their age and maturity level, not the age that they appear! Some body changes will begin to appear in both boys and girls. In boys, the testes and penis begin to increase in size. Girls will develop breasts and their period will begin. Hair will start growing on different parts of the body in both sexes.

SELF ESTEEM:

A sense of "working hard" develops in children at this age. They love a sense of "can do" and enjoy rewards and approval of the things they learn. Tell your child about how well they do, their strengths and good deeds. Say "thank you" and let them know how important they are to you. Give the child positive support when learning new skills. Confidence is gained by doing, taking action and getting involved. Children need to feel loved and capable. Parents should encourage their child try to do things on their own, but set limits when needed. Children may complain loudly about the not being able to do things and try to break down the rules, but they are not happy when they can break the rules. Children need rules and guidance. When they break the rules this is a good time for teaching. Children need to be taught what is good behavior and what is bad behavior. Building your child's self-esteem is the best gift you can give your child and yourself.

PLAYING AND LEARNING:.

Friends are very important to children at this age. They will choose to play with children of the same sex, but will mix at times. Team play can help in the child's social, learning, and skills. Your child will work hard to develop the skills needed to become a team member. Team playing helps children learn rules, make decisions about those rules, and make plans. They will learn about how to assess the strengths and weaknesses of his/her team and the opposing team.

Children of this age usually love school and learning, also the approval for getting good grades. They can state what is alike and what is not alike about two things from memory. They can count backwards, repeat the days of the week and months of the year in order, and describe common objects. Children this age enjoy picture magazines, comic books, and even classic books. They also like board games such as Monopoly usually stick to the rules of the game.

SLEEPING:

Most children of this age will sleep an average of 10-11 hours per night. Getting the child to bed might be a problem. A 9 to 11 year old will fight at bedtime. Often, they cannot tell if they are tired. If your child is allowed to stay up late, he/she will be tired the next day. Children need their sleep to do well during the day.

SAFETY:

A child's improving motor skills, sense of fun, need for exercise, and friends' approval may lead him to some dangerous situations. Common accidents at this age include falls, sports injuries, drownings, burns, and car accidents. Children should be made aware of some basic first aid rules like "what to do" for choking and learn CPR. Children can learn the safe use of tools and household items. They can follow basic safety rules for bicycling, skating and playing in protected areas. Water safety and swimming lessons should be taught to children this age. All water activities should have an adult watching over the children. A dangerous mistake that some parents make is they leave the child alone near water, because the child knows the safety rules or can swim. Fire safety rules (emergency exit routes), how to report fires and the use of a fire extinguisher should also be taught at this age. A *child should ALWAYS wear seat belts when riding in the car.* Children should ride in the back seat for their safety in the event of an accident and airbag deployment

EATING:

Childhood is the time when lifetime eating habits are learned. Children this age will begin to try and like different types of foods. They should be taught about healthy foods. At this age it is very important your child eats healthy foods for the "growth spurts." Some television advertising will attract children to the wrong foods. Because junk food is easy to get, a child will fill up on "empty calories" Children this age are less active. This may cause a young child to become overweight, a condition that may stay with your child throughout his life.

SEX EDUCATION:

Both boys and girls should be prepared for the changes occurring in their bodies. This is a good time to explain the changes in their bodies and sex. Open the lines of communication for questions your child may have. Remember, much of the information that he gets from his friends will be incorrect. You're the only person that will give him the correct information that you want him/her to have. Use proper language when discussing body parts and answer questions honestly and at the child's level of understanding.

ORAL HYGIENE:

Teach your child how to brush and floss. Regular check-ups with the dentist should be routine. Children should know that sugar foods cause cavities. Encourage them to choose foods such as fruits and fresh vegetables for snacking. Keep your child's smile beautiful by having your child brush and floss his/her teeth at least twice a day, and see a dentist once a year for preventive care.

DRUGS, ALCOHOL AND SMOKING:

Curiosity and watching older children and adults' behavior may cause your child to try cigarettes, alcohol, and drugs such as marijuana. You need to talk about these behaviors with your child openly so your child will feel free to come and talk with you at any age. The best way to teach your child is by the example you set.

IMMUNIZATIONS:

If your child did not receive their Hepatitis B shots earlier, or MMR at 4~5 years talk to your doctor.