

Wellness Guide at 9-10 Years Old

Today's Stats & Immunizations

Name: _____	Date: _____
Weight _____ / _____ %	BMI (Body Mass Index) _____ / _____ %
Height _____ / _____ %	Blood Pressure _____
Flu: _____ HPV: _____ Other: _____	

Notes: _____

Follow-up Appt: _____
Next Well Child Appt: _____
(In 1 year or as advised by your Pediatrician)

Next Immunizations:
Flu (annually), COVID (as eligible), HPV Booster

HELPFUL TIPS FOR THIS STAGE OF LIFE:

Development

- There is a desire for independence that may result in conflicts and challenges to parental rules/authority and even a refusal to participate in some family activities. You may see a strong allegiance toward peers, but this does not mean rejection of family values/guidance/support. Your child looks to you for guidance and support in making life decisions.
- At this age, peer pressure can lead to risk taking behavior and experimentation. Allow for open communication, set a good example, and have clear, realistic expectations.
- Promote healthy activities, but help your child learn to balance these with sufficient "down time" and family time to avoid being over-scheduled.
- When moodiness develops, be available to help your child accept these normal feelings without immediately trying to avoid or fix them. Take time to help them wonder why they feel a certain way. Help them find ways to cope with their feelings in a healthy way. Let your child know you appreciate, have confidence in, and want to understand them.
- Include discussions about bedtime, homework, T.V., chores, cell phone, etc.

Health

- Try to eat family meals together at home, and offer a variety of healthy foods the family eats, including one that your child likes. They have a better chance to eat in a healthy way if you eat healthy foods too. Avoid sugar sweetened beverages and snacks.
- Make a dentist appointment. Use toothpaste with fluoride and encourage flossing.
- Encourage daily physical activity for the whole family. We recommend 60 minutes of exercise every day.
- HPV vaccine is now recommended to start at age 9. Greater effectiveness is seen when started early, and additional doses are needed if series starts at 15+.

School

- More requirements for autonomy and self motivation may lead to academic challenges for children who functioned well with supervision and structure.
- Academic, behavioral, or social struggles may also be a result of learning disabilities, attention deficits, stressors at home or school, and anxiety/depression in the child or parent.
- Consider discussing concerns with your child's teacher/school or health care provider. Showing interest in their school/schoolwork and communicating with their teacher shows them that you value their education and development.
- If your child is being bullied, be available to listen and support them. Do not blame them. Explain the difference between protecting oneself/getting help and retaliating. Ask your child what they need to feel safe, and talk to the teacher/principal for further support. Let your child know it is ok to say "no" if a friend or bully asks them to do something harmful or scary. Get to know their friends and their friends' families.
- A simple bedtime routine, proper sleep (9-11 hours) and daily breakfast help them reach their academic potential.

Puberty

- Various cultures/religions differ in their approach to puberty. Access to accurate and culturally appropriate information is essential for your child. Encourage your child to ask questions and be ready to answer at a level appropriate to their understanding.
- Discuss personal boundaries and acceptable versus inappropriate touch. Let your child know that no one should ask to see/touch their private parts, and no adult should ask for help with their private parts.
- Review it is never OK for an adult to ask your child to keep secrets from parents.
- Consider books and parent/child classes on puberty/development for additional guidance and education.
- Encourage daily hygiene/bathing and deodorant use if needed.

Safety

- Play should still be supervised by a responsible adult.
- Continue helmets when using bicycles, scooters, skis, and rollerblades.
- Concussions can occur when your child has a head injury, collision, or fall. Symptoms vary and most kids do not lose consciousness. We can evaluate your child for concerns and give advice on safe return to play. When in doubt, sit it out.
- Continue to reinforce rules about water safety, animal safety, street safety, and strangers.
- Children should ride in the back seat of the car until 13 years old and in a booster seat until 4'9".
- Keep cleaners, vitamins, and medicines out of reach.
- Use sunscreen (SPF 30 or higher).
- Verify that smoke alarms are working properly and avoid smoke exposure.
- Remove/lock up guns. Children should learn that if they see a gun they should: Stop - Never touch it - Leave the area - Tell an adult immediately.
- Lock away cigarettes, lighters, alcohol, marijuana, and vaping devices.

Digital Media Plan & Safety

- Guide and monitor your child's screen time. Bedtime and mealtime should be electronic-free zones.
- Talk about rules for internet and phone safety.
- Consider using an internet filter. Have your computer in a place where you can easily observe/supervise your child's use.
- Visit the AAP website to create a [Family Media Plan](#).
- Review with your child that it is never OK to give personal information online unless they have parental approval.

Overseas Travel

If you will be traveling with your family overseas, talk with your doctor about travel questions, or you can request an online pre-travel health consultation through our [eTravel Clinic](#).

Important Resources

- **Crisis Text Line:** Text "Hello" to 741741
- **Suicide and Crisis Lifeline:** 988
- **Poison Control Center:** (800) 222-1222

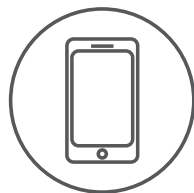
Acetaminophen (Tylenol) Dose Table					
May repeat every 4 hours.					
Child's Weight (pounds)	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs	96+ lbs
Child's Weight (kilograms)	16-20.9 kg	21-26.5 kg	26.6-32.2 kg	32.7-43.1 kg	43.2+ kg
Liquid 160 mg/ 5 milliliters (mL)	7.5 mL	10 mL	12.5 mL	15 mL	20 mL
Liquid 160 mg/ 1 teaspoon (tsp)	1½ tsp	2 tsp	2½ tsp	3 tsp	4 tsp
Chewable 160 mg tablets	1½ tabs	2 tabs	2½ tabs	3 tabs	4 tabs
Adult 325 mg tablets		1 tab	1 tab	1½ tabs	2 tabs
Adult 500 mg tablets				1 tab	1 tab

Ibuprofen (Motrin, Advil) Dose Table					
Do not use in infants under 6 months of age. May repeat every 6 hours.					
Child's Weight (pounds)	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs	96+ lbs
Child's Weight (kilograms)	16-20.9 kg	21-26.5 kg	26.6-32.2 kg	32.7-43.1 kg	43.2+ kg
Liquid 100 mg/ 5 milliliters (mL)	7.5 mL	10 mL	12.5 mL	15 mL	20 mL
Liquid 100 mg/ 1 teaspoon (tsp)	1½ tsp	2 tsp	2½ tsp	3 tsp	4 tsp
Chewable 100 mg tablets	1½ tabs	2 tabs	2½ tabs	3 tabs	4 tabs
Junior-strength 100 mg tablets		2 tabs	2½ tabs	3 tabs	4 tabs
Adult 200 mg tablets		1 tab	1 tab	1½ tabs	2 tabs

Questions or concerns?



Schedule your next visit on our website.
AllegroPediatrics.com



A nurse is available 24 hours a day.
(425) 827-4600



We have clinics open 7 days a week.