

# Wellness Guide at 9-10 Years Old

Helpful tips to support your child's development at this stage of life.



## Development

- **Independence:** 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.
- **Peer Pressure:** 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.
- **Activities:** Promote healthy activities, but help your

child learn to balance these with sufficient “down time” and family time to avoid being over-scheduled.

- **Emotions:** 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.
- **Rules:** Include discussions about bedtime, homework, T.V., chores, cell phone, etc.

## 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.

### ACADEMIC/BEHAVIORAL CONCERNS



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 okay 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.

### BULLYING: IT'S NOT OKAY



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 routine hygiene and deodorant use if needed.

#ASKALLEGRO: PREPARING YOUR PRE-TEEN SONS FOR PUBERTY

#ASKALLEGRO: TALKING WITH OUR DAUGHTERS ABOUT PUBERTY

### IMPORTANT RESOURCES

POISON CONTROL: (800) 222-1222

SUICIDE & CRISIS LIFELINE: 988

WA MENTAL HEALTH REFERRAL LINE:  
(833) 303-5437

## Health

- Eat family meals together when possible and offer a variety of healthy foods, including foods your child enjoys. Model healthy eating habits and avoid sugary drinks and snacks.
- Give Vitamin D (400 to 600 IU/day).
- Schedule regular dental visits. 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 recommended to start at age 9. Greater effectiveness is seen when started early, and additional doses are needed if series starts at 15+.

### HEALTH RESOURCES

[HPV VACCINE FOR CANCER PREVENTION](#)

[CHRONIC CONDITION RESOURCES](#)

## 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.

### THE 5 Cs OF MEDIA USE


## Overseas Travel

If your family will be traveling internationally, schedule a virtual eTravel consultation at least 4–6 weeks before departure to review travel health recommendations, vaccines, and medications.


### TRAVEL CONSULTATION

## Safety

- Continue helmets when using bicycles, scooters, skis, and roller blades.
- 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.

[CONCUSSION & INJURY RESOURCES](#) 


- Continue to reinforce rules about water safety, animal safety, street safety, and strangers.

[DROWNING PREVENTION](#) 

- 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.

### ADDITIONAL RESOURCES

[DOSING TABLES](#) 

[SCHOOL, SPORTS, & CAMP FORMS](#) 

[PATIENT EDUCATION](#) 