



9-11 Year Well Child Check

Safety

- Your child should be riding in car safety seat or booster seat in the back until 4' 9" tall
- Use sunscreen whenever outside
- Have child wear a good-fitting helmet for biking, skating, horseback riding, etc.
- Monitor your child's computer/internet use
 - o Know who she talks to online
 - o Install a safety filter
- Know your child's friends and their families
- Supervise activities with peers

School

- Discuss your child's progress at school with teachers
- Discuss bullying and your child's relationships with peers
- Encourage child to join clubs, sports or activities they enjoy
- Set a routine and make a quiet place for doing homework

Healthy Habits

- Be active at least 1 hour or more daily
- Eat breakfast every day
- Encourage 3 servings of dairy per day
- Limit candy, soft drinks and high-sugar foods
- Offer 5 servings of fruits and vegetables daily
- No TV in child's bedroom
- Limit screen time to 1-2 hours daily
- Have family meals without TV, encourage child to participate in meal planning and prep
- Brushing teeth twice daily, flossing daily
- Dental visits twice a year
- Goal of 9-11 hours of sleep daily

Your Growing Child

- Be a good role model, demonstrating how to use words when angry
- Give your child his own space
- Discuss rules and consequences with your child
- Start discussing puberty and body changes with your child
- Talk about any of your child's worries
- Start having discussions regarding drugs, alcohol, tobacco and sex

Immunizations at 11-year-old visit

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| <ul style="list-style-type: none">- Tdap #1- Menactra #1- Gardasil #1 (optional) |
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- For more info:

<https://www.cdc.gov/vaccines/index.html>

Gardasil: HPV (Human Papillomavirus) vaccine

- If started before age 15, one booster is needed 6-12 months after the first dose
- If started at or after age 15, three doses are required at 0, 1-2 months, and 6 months
- www.gardasil9.com

Next Well Child Visit: Yearly

Helpful Resources:

- www.choosemyplate.gov
- www.safekids.org
- www.adolescenthealth.org
- Poison Help: 1-800-222-1222