



Town and Country Pediatrics

1460 N. Halsted #402 6374 N. Lincoln #204 2401 W. Ravine Way #103
Chicago, IL 60642 Chicago, IL 60659 Glenview, IL 60025
(312)279-8900 (773)478-1067 (847)998-8806
www.townandcountrypeds.com

Your Nine-Eleven Year old Child

Name _____ Date _____

Weight _____ Height _____ B/P _____ BMI _____

Percentile _____ Percentile _____

Diet:

- Offer 3 regular meals and healthy snacks. Try to increase consumption of fruits, vegetables, and whole grains.
- Eat meals as a family if possible with the TV turned off.
- Limit fast foods, junk foods, sweets, and sport/energy drinks.
- Your child should drink 16-24 oz. of skim or low fat milk each day. If milk is not consumed, other dairy products, like yogurt and cheese are important for calcium needs- as this is a time for rapid bone growth. "Milk with cereal" is inadequate for your child's calcium needs.
- Multivitamins may be used if your child's diet is consistently inadequate.



- At this age, many children become involved in a variety of outside activities, take care to make sure your child does not become overscheduled and parents need to balance enriching activities with "down time" and family time.
- Peer relationships and acceptance become increasingly more important. Your child/preteen needs to learn how to handle peer pressure. This can be very stressful. Try role playing with your child.
- Children perceive and respond to stress based on their experience and also their temperament. Children improve in their ability to handle stress if they have the emotional support of family and friends.
- Supporting and enhancing your child's self esteem and self confidence are critical during this period. Know the signs of low self esteem...these may be avoiding tasks, making excuses, withdrawing, making self critical comments, etc. Foster your child's sense of personal competence. Offer him opportunity to earn privileges by demonstrating his responsibility- assigns chores but your child may decide when to complete them and what the consequences are for not completing them. In addition, these daily chores and responsibilities are an important part of
- Signs of puberty may begin to appear. The average breast development is age 10 for girls; and testicular enlargement at age 11 for boys. Talk to your child about how the body changes and develops. Use correct terminology. If

Elimination:

- If your child is still wetting the bed at this point, tell your provider.
- If constipation is a problem-call for helpful hints.

Sleep:

- A regular bedtime routine is very important to children. Between 9 and 11 years of age, the average child should sleep 9-10 hours each night.
- If your child snores, please let us know!

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.



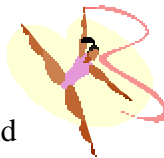
development is occurring, prepare your daughter for her first period.

- Answer your child’s questions about sex in an open, honest manner. There are many books to assist parents with this topic. If you are uncomfortable with the topic, we will address concerns at the checkup.



Safety:

- Children ages 9 through 15 years must be secured in a booster seat or a lap/shoulder restraint in the back seat. Be a role model and buckle up too!
- Guns are dangerous! If you must keep a gun, hide and lock it up. Keep ammunition locked, too, in a separate place.
- Teach the “rules of the road” when on foot or on a bicycle. Use a properly fitted bicycle helmet/protective gear and teach bicycle and roller-blade safety.
- Use an age/weight appropriate “Type 1 or 2” life jacket at beaches and on boats. If your child is a non-swimmer, enroll your child in organized swimming lessons. Knowing how to “swim” does not ensure the child’s safety in or near water. He/she must be supervised. Your child should be taught where and how to dive safely.
- Use PABA-free sunscreen with SPF >15.
- Skating shoes or “heelys” are very dangerous- use protective equipment or avoid them altogether for your children.
- Use appropriate protective equipment during sports – helmet, mouth guard, and shatterproof eye gear.
- Discuss stranger safety and playground safety. Make sure your kids know what to do when a stranger approaches.
- Open up a dialogue with your child about avoiding tobacco, alcohol, and drugs.
- Develop a fire escape plan for your home and practice. Practice don’t run...stop, drop, and roll.



Other Things to Keep in Mind:

- Dental Care - Schedule dental visits every 6 months, have your child brush at least twice a day using a soft toothbrush and fluoridated toothpaste. Flossing should be done everyday.

- Each year, your child should take on more responsibilities in the classroom and in the home. Most children can help clean their rooms, make their beds, pick up their toys, and help out in the kitchen or the yard. These daily chores and responsibilities are an important part of learning that life requires work not play. Consider a small allowance so your child can learn to manage money.
- Limit the amount of TV and monitor the types of shows your child watches. Limit video games avoiding the violent games. Set reasonable rules and guidelines for tv/computer use and post them.
- The computer should be in a prominent location in the house to monitor your child’s internet activity. It should never be in your child’s bedroom. Teach your child to never give out identifying information-home address, school name, or telephone numbers while chatting. Get to know the services and websites that your child uses. Get to know their “online friends” just as you would all of their other friends. Find out what types of information the site offers and whether there are ways to block objectionable material. Encourage your children to tell you if they encounter messages that are suggestive, obscene, threatening or make your child feel uncomfortable.
- As their bodies change, children will continue to be curious about their developing body parts. Let your children know that the “privates” because we keep them covered and because you are the only one in charge of them. Teach your child that it is never all right for an adult to tell a child to keep a secret from you, to express interest in private parts or to ask a child for help with his/her private parts.
- Teach your child that it is always OK to ask a trusted adult for help if he/she is scared or worried.
- Spend 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.

At Today’s and Each Yearly Checkup:

- Your child will have a physical examination. Your questions and concerns will be answered.



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A hearing screening may be performed if necessary. A routine urinalysis will be done.

- Your child/preteen may need a TB skin test, tetanus with pertussis (Tdap) vaccine, meningitis vaccine (Menactra), and female preteens may receive human papilloma virus vaccine (HPV) (Gardasil). Your child may need a booster dose of Varicella (chicken pox). The Hepatitis A series of 2 may be started.

Children's Acetaminophen Dose:

Every 4-6 hours and no more than 4 doses/day

48-59 lb.=2 tsp.; 2 160 mg chews

60-71 lb.=2 1/2 tsp.; 2 1/2 160 mg chews

72-95 lb. = 3 tsp.; 3 160 mg chews

Children's Ibuprofen

Dose:

Every 6-8 hours

48-59 lb. = 2 tsp.

60-71 lb. = 2 1/2 tsp.

72-95 lb. = 3 tsp.



Additional Reading:

The Care and Keeping of You - The Body Book for Girls

American Girl Books

Girls: What's So Bad About Being Good? How to Have Fun, Survive the Preteen Years, and Remain True to Yourself

by Harriet S. Mosatche Ph.D., Liz Lawner

Stick up for Yourself!: Every Kid's Guide to Personal Power and Positive Self-Esteem

by Gershen Kaufman, Pamela Espeland, Lev Raphael, Pamela Espeland, Gershen Kaufman

Additional Instructions:

