BRIGHT FUTURES HANDOUT ▶ **PARENT**

9 AND 10 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to your family.

HOW YOUR FAMILY IS DOING

- Encourage your child to be independent and responsible. Hug and praise him.
- Spend time with your child. Get to know his friends and their families.
- Take pride in your child for good behavior and doing well in school.
- Help your child deal with conflict.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs. If you're worried about a family member's use, let us know, or reach out to local or online resources that can help.
- Put the family computer in a central place.
- Watch your child's computer use.
  - Know who he talks with online.
  - Install a safety filter.

STAYING HEALTHY

- Take your child to the dentist twice a year.
- Give your child a fluoride supplement if the dentist recommends it.
- Remind your child to brush his teeth twice a day
  - After breakfast
  - Before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Remind your child to floss his teeth once a day.
- Encourage your child to always wear a mouth guard to protect his teeth while playing sports.
- Encourage healthy eating by
  - Eating together often as a family
  - Serving vegetables, fruits, whole grains, lean protein, and low-fat or fat-free dairy
  - Limiting sugars, salt, and low-nutrient foods
- Limit screen time to 2 hours (not counting schoolwork).
- Don't put a TV or computer in your child's bedroom.
- Consider making a family media use plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- Encourage your child to play actively for at least 1 hour daily.

YOUR GROWING CHILD

- Be a model for your child by saying you are sorry when you make a mistake.
- Show your child how to use her words when she is angry.
- Teach your child to help others.
- Give your child chores to do and expect them to be done.
- Give your child her own personal space.
- Get to know your child's friends and their families.
- Understand that your child's friends are very important.
- Answer questions about puberty. Ask us for help if you don't feel comfortable answering questions.
- Teach your child the importance of delaying sexual behavior. Encourage your child to ask questions.
- Teach your child how to be safe with other adults.
  - No adult should ask a child to keep secrets from parents.
  - No adult should ask to see a child's private parts.
  - No adult should ask a child for help with the adult's own private parts.

SCHOOL

- Show interest in your child's school activities.
- If you have any concerns, ask your child's teacher for help.
- Praise your child for doing things well at school.
- Set a routine and make a quiet place for doing homework.
- Talk with your child and her teacher about bullying.

Helpful Resources: Family Media Use Plan: www.healthychildren.org/MediaUsePlan

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

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by RemedyConnect Inc. Rolando Garcia

9 AND 10 YEAR VISITS—PARENT

SAFETY

- The back seat is the safest place to ride in a car until your child is 13 years old.
- Your child should use a belt-positioning booster seat until the vehicle's lap and shoulder belts fit.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Teach your child to swim and watch him in the water.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents,* 4th Edition

For more information, go to https://brightfutures.aap.org.

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