

9 to 10 YEAR OLD

POINTS TO REMEMBER

SAFETY

- **DO NOT** start your vehicle until everyone's safety belts are buckled. The back seat of the car is the safest place for your child until they are at least 13 years of age.
- **INSTRUCT CHILD** that by using a booster seat or wearing a safety belt every time you get in the car is the best way to protect yourself from injury and death in a car crash.
- **HOMICIDE** and completed suicide are more common in homes that have guns. The best way to keep your child safe from injury or death from guns is to never have a gun in the home.
- **IF** it is necessary to keep a gun in your home, it should be stored unloaded and locked, with the ammunition locked separately from the gun. Keep them where the child cannot have access.
- **IF** your child is starting to hunt with adults in your family, teach them to use guns and hunting knives safely, and use them **ONLY** under the supervision of an adult.
- **TEACH** your child to swim, or have someone teach him.
- **REINFORCE** and discuss safety rules from swimming with your child. **ALWAYS** have an adult with you. **NEVER** swim alone. **NEVER** swim in fast-moving water. **NEVER** dive into water unless an adult has checked the depth of the water. **ALWAYS** wear an US Coast Guard approved life jacket when on any boat.
- **ENCOURAGE** and discuss sports safety with your child including the need to wear protective gear, such as a mouth guard, face protector, or bicycle helmet. **NEVER** allow your child to operate a lawn mower or motorized power equipment.
- **AVOID** the use of alcohol, tobacco and drugs. Talk to your child and make sure your child is educated on substance abuse. Substance use is substance abuse-children need clear messages. If alcohol is used in the home, its use should be appropriate and discussed with children.
- **MAKE SURE** your child puts sunscreen on before they go outside for long periods of time.
- **CONTINUE** to teach your child safety rules for the home, including what to do when they are home alone. Discuss visitors, not tying up the telephone for long periods of time, and what to do in case of a fire or other emergencies. Conduct fire drill at your home.

NUTRITION

- **HELP** your child to choose appropriate foods, including plenty of fruits and vegetables every day. Aim for at least 5 servings of fruits or vegetables every day by including them in most of your meals and snacks. Limit high-fat foods, such as candy, snack cakes, sugar sweetened beverages, and fast food. These types of foods have very little nutritional value to them.
- **HEALTHY** eating prevents weight problems and help learning.
- **MAKE SURE** your child is getting enough calcium. Children 9-18 need about 3 cups of low-fat milk a day. Low-fat yogurt and cheese are good alternatives to milk.
- **AVOID** having the TV on during mealtimes. Share family meals together on a regular basis. Make mealtimes pleasant and companionable; encourage conversation during this time.

HEALTHY TEETH

- **ENCOURAGE** your child to thoroughly brush their teeth twice a day, and floss once a day.
- **GIVE** your child fluoride supplements as recommended by your dentist.
- **TEACH** your child how to prevent dental injuries by wearing a mouth guard for protection.
- **ENCOURAGE** your child not to smoke, chew, or use smokeless tobacco. Instruct your child that these are bad for you and are bad for your mouth, skin, heart and lungs.

CARE and INTERACTIONS

- **MAKE SURE** your child understands discipline and family rules.
- **PROMOTE** self-responsibility. Provide personal space at home, even if limited, for your child.
- **SERVE** as a positive ethical and behavioral role model. Admit mistakes, ask for forgiveness.
- **PROMOTE** physical activity in a safe environment. Provide opportunities for your child to socialize with other children (Sunday school, Pre-school, Playgrounds). Limit TV to no more than 2 hours a day.
- **SUPPORT** your child's sport and physical activity interests, and play with your child.
- **HANDLE** anger constructively in the family. Do not allow either physical or verbal violence; encourage compromise. Do not permit yourself or others to use corporal punishment.
- **ASSIGN** your child age-appropriate chores, including responsibility for some household or yard tasks.

SEXUALITY

- **FOR PARENTS OF GIRLS:** Prepare your daughter for menstruation.
- **FOR PARENTS OF BOYS:** Prepare you son for wet dreams.
- **PREPARE** your child for puberty and sexual development.
- **EXPLORE** your child's understanding of sex, sexually transmitted diseases, including HIV/AIDS. Begin teaching your child that delaying sexual behavior is the surest form of protection against disease and pregnancy.