

Woburn & North Andover Pediatric Associates

7 Alfred Street, Baldwin Park II, Woburn, MA 01801 - Phone 781-933-6236, Fax 781-938-8050
800 Turnpike Street, North Andover, MA 01845 - Phone 978-557-5712, Fax 978-557-5406



Routine Physical Exam: 9 – 10 years

Development

- He/she should:
 - Have a group of friends
 - Read for pleasure
 - Have hobbies, be active in sports, arts, and/or clubs (Ex: Scouts, church groups)
- Your child is beginning to demonstrate increasing responsibility & independence.
- Your child is beginning to develop logical reasoning & increased empathy. He/she is better able to cope with disappointment.
- Performance in school is what marks your child's accomplishments. Sports & other extra-curricular activities take up much of your child's time. A child can easily become overscheduled and it is important to balance these activities with "down time" and family time.
- Set expectations, reinforce limits, and be prepared to follow through with consequences. Assign chores.
- Praise your child's efforts and accomplishments. Show interest in his/her school performance/activities. If your child isn't doing well in school, ask the teacher about special help/tutoring.
- Set routine for homework and provide a quiet, well-lit space.
- Visit: www.HealthyChildren.org, search topics like " "

Safety

- Discuss "stranger danger" – teach your child that it is never okay for an adult to tell a child to keep secrets, or to express interest in private parts. Teach your child to trust their instincts and to come to you if they feel upset.
- Children are constantly exposed to smoking, drinking, and drug use behaviors through TV and social media. Counsel your child to avoid use of alcohol, tobacco, drugs, or inhalants and be clear about the dangers these behaviors present. Set a good example by maintaining a smoke free environment at home, and counsel them on the difficulties that addiction can present.
- Limit screen time (TV, videogames, computer, iPad, etc.) to less than 1 hour per day.
- Monitor computer games, mobile device use, TV, and internet for use and content. Do not allow TV or internet devices in the bedroom.
- Your child must be in a booster seat until adult safety belts fit correctly (approximately age 8-12 or when height reaches 4'9").
- Always wear protective equipment for activities (bikes, scooters): appropriate sized helmet, wrist/elbow/knee pads. Teach the rules of the road and do not allow children to ride in the open road. Be sure your child is comfortable with starting, stopping, and turning.
- Your child should be able to swim independently by this age. Do not rely on floatation devices to protect non-swimmers and do not allow your child to swim alone. No diving in shallow water or waters where the conditions below the surface are unknown. Always wear life vests when boating/fishing.

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- Use sunscreen SPF 50+. Don't forget to reapply!
- Use insect repellants containing DEET or Picaridin.
- Ensure smoke and carbon monoxide detectors are working appropriately. Make and practice (1-2 time per year) a plan for escape in case of fire.
- Gun safety can be a tough topic to address but it is important. If it is necessary to keep a gun in your home, be sure it is stored unloaded and securely locked. Ammunition should be stored separately and also locked. Discuss firearm safety with your child.
- Visit: www.HealthyChildren.org, search topics like "Safety for Your Child", "Booster Seats for School-Aged Children", "Fire Safety"; www.SafeKids.org

Nutrition

- Growth usually remains slow and steady at this age, though some children may begin to show signs of puberty.
- Help your child learn to choose appropriate foods, including plenty of fruits and vegetables. Limit high fat or low nutrient foods & beverages.
- Share family meal time to make meal time pleasant, encourage conversation, and avoid distractions at the dinner table (no TV or mobile devices).
- Your child should try to get at least 1 hour of exercise each day.
- Visit: www.ChooseMyPlate.gov; www.EatRight.org

Family/Social and Behavior

- Peer groups have assumed great importance. Most peer relationships are same sex friendships. During this time, it is important for you to support and enhance your child's self-esteem and self-confidence. Your child begins to judge him/herself as they perceive peers judge them.
- Supervise your child's activities with peers. Reinforce the importance of respectful behavior toward others. Be a role model for ethical behavior and healthy habits.
- If your child reports he/she is being bullied, discuss it with the teacher and/or guidance counselor. Remember that bullying can take place at school, on the bus, and even online.
- Visit: www.HealthyChildren.org, search topics like "Signs of Low Self-Esteem", "Bullying: It's Not OK"