Growing Up Healthy

9-12 years

Dental

- A child should have a "dental home" and be seen twice a year or as advised by dentist.
- Adult teeth are coming in and they must last a lifetime. Keep them healthy by preventing cavities.
- Ask about sealants and fluoride for child.
- Brush teeth along gums every morning and before bedtime. Brush tongue, too.
- Floss teeth before bedtime.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.
- Limit snacks that cause cavities like chips, sour and sticky candies, sports drinks, and sodas.

Parents: Set a good example, brush morning and night. Floss before bedtime.

Use a mouth guard for all sports, like softball, basketball, soccer, and skateboarding.

Nutrition

Parents and kids select healthy food with 3 meals and 1-3 snacks.

- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Start the day with breakfast.
- Limit fast foods and snacks high in sugar and fats.

Choose healthy beverages.

- Drink water often.
- Drink 3-4 cups of nonfat or low fat milk a day.
- 100% fruit juice is the best choice; avoid soda and other sweet drinks.

Make family meals a happy time.

- Wash hands before meals.
- Plan and prepare meals together.
- Eat together, talk together, manners count.

Physical activity and weight

- Get 60 minutes of active play a day.
- Limit TV, video games, computer to 2 hours a day (except for homework).

Today's Date: _____

Name: _____

Age: _____

Length: _____ Weight: _____

Body Mass Index (BMI) Percentile: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675
Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663

CalMH California Office of Multicultural Health

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Health

Preteen Health

- Take child for regular health checkups and immunizations (shots).
- Teach child to keep nails, hair, genitals, and body clean; to wear clean clothes.
- Wash bed sheets weekly.
- Remind child to wash hands with soap and water before eating and after using toilet.
- Talk about puberty and its changes.
- Talk about HIV/AIDS and sexually transmitted infections.
- Talk about sexual development and responsible sexual behavior.

Injury Prevention

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- Supervise use of power tools, matches and lighters.
- Guns are not toys. Teach child not to touch guns and to tell an adult if they find one.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Remind child to wear helmet, knee, wrist, and elbow guards when using scooters, skates, skateboards or bikes.
- Warn child about danger of hearing loss with loud music.
- Teach child to swim, never swim alone, and to wear a life vest when boating.

9-12 years

What to Expect

Make time to sit down and talk with child. Most of all, listen to what child has to say.

Child may:

- Show pride in school, sports, and other activities
- Follow most rules at home and at school, but may test the rules
- Be more responsible for their health, school work, and chores
- Want more independence and more time with friends.

Tips and Activities

- Give child lots of praise and affection.
- Make time for daily homework.
- Assign chores appropriate to age.
- Encourage child to join a group sport.
- Encourage new activities or hobbies.
- Teach child to accept responsibility for their choices and actions.
- Put computer in a place where you can monitor use. Use computer's parental controls.
- Be a good role model. Avoid drugs, alcohol, and tobacco.

Safety

Preteen Safety/Peer Pressure

- Warn child about the dangers of drugs, alcohol, and tobacco use. Encourage questions.
- Talk about avoiding gang activities, peer pressure, bullying, and group violence.
- Talk to child about personal safety and the dangers of hitchhiking.
- Teach child to tell a trusted adult about a stranger and never to accept anything from strangers.

Car Safety

- Use a booster seat in the back seat until child weight 80 to 100 pounds, is 4 feet 9 inches, and can sit against seat back with knees bent (usually between 8-10 years)
- The lap belt should fit low and flat on hips, with shoulder belt over the shoulder not on face or neck.

Safety Tips for Parents:

- Be prepared, plan for emergencies.
- Learn CPR.
- Install smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.

Resources for Parents:

If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

To quit smoking, call
1-800-NO-BUTTS (1-800-662-8887)