



k i d s +
pediatrics
9-10 Year Handout

QUESTIONS

1. Has the patient ever fainted or passed out with exercise, exertion, and/or emotional stress?
2. Has anyone in the family had seizures, fainting (syncope), sudden death, drowning, and/or unexplained accidents?
3. Is there any history of chest pain or shortness of breath with exertion?
4. Has the patient ever had a concussion, other head injury, or other serious injury?
5. Is there a family history of high blood cholesterol?
6. Is there a family history of heart attacks, angina, stroke, or bypass surgery in men younger than 55, or women younger than 60?
7. Is your child female, has she started getting her period?

HEALTH HABITS

Children should eat a well-balanced diet and have breakfast before going to school. Avoid excess pop, candy, chips and other junk foods. If your child needs a snack, encourage fruits and vegetables for nibbling and water between meals. Children should get a minimum of three servings of calcium daily and at least 5 servings of fruits and vegetables per day. Habits children develop at this age will affect their eating habits the rest of their life, so get them off to a good healthy start early. Remember, children imitate their parents, so be sure to set a good example.

At this age, children should be brushing their teeth regularly. Ideally that should be after every meal, but a minimum of once in the morning and once before bed. Dental visits are recommended every 6 months.

Encourage regular physical activity. Consider community youth and sports and family physical activities. Practice bicycle, skating, and skateboard safety. This is a good age for a child to learn to swim. If your child is involved in organized sports at this age, emphasize learning to play rather than winning. Children may also enjoy extracurricular activities such as playing a musical instrument, school clubs, hobbies, etc. Practice bicycle and skating safety. The American Academy of Pediatrics recommends against playing on trampolines, due to the risks of serious injury.

Limit TV, computer, and video game time to no more than 2 hours daily. Know the content of the programs/games your children watch. We also strongly discourage televisions in a child's bedroom, as this can lead to many problems as the child gets older. Encourage other quiet inside activities instead, such as reading or other hobbies. If possible, obtain a library card for your child.

BEHAVIOR

Establish consistent rules at home with respect to TV, bedtime, helping with the chores, keeping one's room neat, etc. Spend active time with your child, daily if possible, and show interest in his school activities. Praising and encouraging your child's activities will help bolster his self-esteem. Communication with your child takes work, but an investment of time at this age will pay off in the long run. *Realize the importance of being a parental role model.*

Children at this age often have questions about changes related to puberty, sex education, and the start of menses (periods) for girls. Many schools discuss these topics, but we advise parents to have a conversation with their children about these topics as well. If you need help or are unsure of what kinds of things to discuss, we'd be happy to assist you.

Check out our KPP "Puberty? Seriously!" mother/daughter/mentor class offered throughout the year.

SAFETY TIPS

Accidents are the greatest threat to the life and health of children. More school-age children die of injuries than all other diseases combined. Yet most of these injuries can be prevented! As your child becomes more independent, she can get into more dangerous situations. While children learn fast, they still cannot always judge what is safe. Here are a few hints to help keep your child safe:

Prevent Fires and Burns

- Check your smoke detector and CO detectors (replace the batteries if necessary) and practice a fire escape plan.
- Keep a fire extinguisher near or in the kitchen.
- Teach your child never to play with matches or lighters.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30.

Prevent Drowning

Your child should be continuously supervised by a responsible adult when in or around water. Even if he knows how to swim, he is not safe alone in the water. Never let your child swim in canals or any fast-moving water.

Firearm Safety

Keep guns locked, unloaded, and ammunition stored separately.

Passive Smoke Exposure

We also caution against passive smoke exposure of any kind. Our recommendation for the health of your child is no smoking. The more smoke your child is exposed to, the higher her chance of developing more colds, lung infections, ear infections, allergies, asthma problems, and cancer. The best thing for your child's health is for you not to smoke at all. Even if you don't smoke near your child, chemicals from smoking stay with you on your clothes and on your body. If you must smoke, smoke outside the house, and remove your coat or jacket when you come back in. Never smoke inside or in the car. Even if

your child is in another room or not in the car at the moment, she will still be exposed to lingering, harmful chemicals later.

Sports Safety

Be sure your child wears all the protective equipment made for the sport she plays, such as shin pads, helmets, or mouth guards.

Trampolines

The recreational use of trampolines is not recommended by the American Academy of Pediatrics or Kids Plus. For more information, see the Doctor's Note on our website: <http://bit.ly/KPTrampoline>

Concussion Safety

We recommend at age 10, all children who are physically active have a baseline ImPACT test done in one of our offices. The test, which takes about 20 minutes, identifies reaction time and short- and long-term memory prior to any possible head injury or concussion. For more information on concussions and ImPACT testing, see our Doctor's Note: <http://bit.ly/KPImpact>

Vehicle Safety

Children should wear seat belts. Everyone in the car should always be restrained in some manner. Children should be seated in the back seat until the age of 12.

You can also see the Doctor's Note on our web site: <http://bit.ly/KPPCarSeat2>

We *do not* advise buying motorized vehicles for children. The American Academy of Pediatrics recommends against the use of all-terrain vehicles by children less than 16 years old.

Supervise street crossings. Your child may look in both directions before crossing. Remember, STOP, LOOK, and LISTEN when crossing the street.

Bike Safety

Don't let your child ride a bicycle near traffic. At this age, children should not be riding at dusk or after dark. Bring the bike in when the sun starts to set. Have your child wear a bicycle helmet while riding a bicycle.

Tobacco, Drugs, and Alcohol

This is an appropriate age to start discussing tobacco, drugs, and alcohol. Children are exposed to these as early as elementary school from peers, and it's important they know how to respond when confronted in such an event. This is something you should discuss periodically throughout childhood.

WALK-IN HOURS

We offer no-appointment necessary Walk-In Hours, at all offices:

Weekday Mornings, 8:15 to 9:30am at Pleasant Hills and Squirrel Hill/Greenfield

Weekday Evenings, 6:30pm to 8:00pm Monday, Tuesday, Wednesday at Pleasant Hills
 Monday and Thursday at Squirrel Hill/Greenfield.

All Day, Every Week Day at Cranberry/Seven Fields

These hours are to address routine health problems such as sore throat, cold symptoms, fever, rash, and ear pain. They are not designed to evaluate chronic problems. If your child is older than 4 months and has had symptoms fewer than 3 days, you can be seen on a first-come, first-served basis.

You can read more about Walk-In Hours on our Kids Plus web site, www.kidsplusgh.com.

QUESTIONS & CONCERNS

If you feel you need additional advice between regular check-ups, you can post questions to our Facebook page or telephone us during office hours. Facebook, where we answer questions sometimes as quickly as in a few minutes, is a great place to ask about general, non-pressing issues. (You can also check the Doctor’s Notes library on our web site, which features well over one hundred different topics covered by our Kids Plus Providers.) For more detailed and pressing health questions, it’s best to call. Either way, we’re always happy to provide counseling and guidance. It’s both our job and our pleasure!

When calling after office hours, your call will be answered by an answering machine. If you have a concern that can’t wait for regular office hours, please leave your name, your child’s name (with spelling), and your phone number, and we’ll return your call usually within an hour or so. If you have an emergency that requires an ambulance or paramedics, call 911 *first*. If you have an emergency that can’t wait for a call back and need to have the doctor urgently paged (such as seizures, respiratory illness with labored breathing, suspected dehydration, or similar conditions), the recorded message will give you the answering service’s phone number, and they can reach the doctor on call for the emergency.

AND REMEMBER...

We have a wonderful, 24/7/365 resource for parents at our **Kids Plus Facebook Page**. Like us on Facebook, and follow along with our great Kids Plus Social Media Community!

You can access the **Kids Plus Patient Portal** 24/7/365 on your computer, tablet, or smart phone. No matter where you are, you can always see and print many of your child’s medical records, including growth charts, immunization records, prescriptions, lab results, and visit notes. It’s like having a Kids Plus virtual office right at your fingertips.



We look forward to seeing you next year!