



## Injury Prevention



The most common accidents that occur at this age:

- **Helmet:** Helmets should be worn for bike riding, skiing, scooters, roller blading and skateboarding.
- **Drowning:** Make sure your child knows how to swim. Teach them to enter feet first.
- **Fires:** Have a fire escape plan. Check smoke and carbon monoxide detector batteries during clock changes (twice a year).
- **Car Safety:** Use seatbelts. Place the shoulder strap in the proper position. Your child should be seated in the back seat.

## Nutrition

Encourage your child to participate in meal planning and preparation.

- Provide 3 meals a day and make sure to not skip breakfast. Studies show children who have had breakfast perform better in school.
- Serve healthy snacks such as fruit, yogurt, cereal and non-fat milk.
- Limit the amount of 100% juice to no more than 8 ounces. If

you chose to give unhealthy snacks, aim for 2 servings or less per week.

## Healthy Habits



Check Screen time programs for sexual content, violence, smoking, or other inappropriate behaviors.

- If your water does not contain fluoride, your child should be taking 1 mg a day.
- Encourage daily exercise. Teach about sports and group participation for fun and team building – not just to win.
- Promote and teach your child to exercise

## Parenting

Get your child a library card. Make family trips to the library and read together.

- Make sure your child has chores and responsibility.
- Talk with your child about ways to solve arguments and fights without violence, and display appropriate problem solving behavior.

## Puberty

Puberty can begin as early as eight years old for girls and nine years old for boys. Discuss puberty and sexuality with your children, and

answer their questions directly and honestly.

### Body Changes for Young Women

- Breast Development Age: 8-13
- Pubic Hair: 8-14 years old
- Growth Spurt: 9½ - 14½ years
- Menstruation: 10 – 16½ years

### Body Changes for Young Men

- Testicle Growth: 9 – 18 years
- Pubic Hair: 9 – 18 years
- Growth Spurt: 9½ - 17½ years
- Penis Growth: 10 – 17 years

## Firearm Injuries

Did you know that every 2 hours, a child is killed with a loaded gun?

- More children die by guns than in car crashes
- We recommend that you not keep a gun in the home. If you must, store ammunition and guns separately and locked up at all times.

## Next Visit

We recommend annual check up's; if your insurance covers them. We do not feel that physicals done in school are adequate (they spend less than 5 minutes with your child). Lastly, we feel this is an important time to “connect” with your child about healthy issues.

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