

# DENTAL

## 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

## 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.**

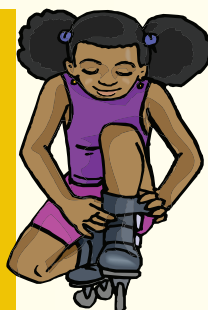
- Drink water often.
- Drink 3-4 cups of nonfat or low fat milk a day.
- 100% fruit juice is the best choice; avoid soda and other sweet drinks.

**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).



WIC: 1-888-942-9675

Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663

## Growing Up Healthy

9-12 years



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



Developed by the Nutrition, Dental, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee. Translation funded by the California Office of Multicultural Health. Rev 06/2010



## Health

## What to Expect

## Safety

### 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.

**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.

### 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)

# 9-12 years