

# 9 Year Well Child Check

## Development

More control over small muscles

Likes active games or sports

Is self absorbed and critical

Has ideas and interests independent  
from parents

Sits and talks with friends

Wants to talk, dress and act like  
friends

Will participate in one hobby and  
then want to change

Is a perfectionist, follows  
instructions and likes fairness

Is developing personal standards of  
right and wrong



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

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- Support your child in making responsible and independent decisions
  - Help your child build self esteem and self confidence to help them deal with negative peer pressures
    - School performance will continue to mark your child's accomplishments and development
- Encourage your child to engage in behaviors that promote wellness and a healthy lifestyle

### Nutrition and Physical Activity

- Share family meals together as often as possible.
- Show your child how to make healthy food choices.
  - Eat 5 servings of fruits or vegetables per day.
  - Limit high fat and low nutrient foods and drinks.
- Drink 1-2 cups of low fat milk per day. Low fat yogurt and cheese are good alternatives to milk.
  - Limit juice to 4-6 oz per day of 100% fruit juice.
- Child should be physically active for at least 60 minutes per day.
  - Limit TV and video time to no more than 2 hours per day.
    - Child needs 10-11 hours of sleep per night.

### Healthy Teeth

- Brush teeth twice a day with pea size amount of fluoride toothpaste and floss once a day.
  - Child should see a dentist every 6 months.

### Safety

- Child should ride in the backseat. The shoulder belt should lie across the middle of the chest and shoulder and the lap belt should be low and snug across the upper thighs.
- Teach your child how to act away from home and what to do in an emergency situation.
- Child should wear safety equipment when biking ,skating or playing sports.
  - Remember to apply sunscreen with a SPF 30.
- Teach child about drugs, alcohol and tobacco and begin sex education.



### Parents Points of Interest

#### Development tips

Promote self-responsibility.

Give age appropriate chores for the child to complete.

Give your child personal space.

Anticipate early adolescent behaviors such as influence of peers, moodiness, refusal to participate in family activities.

Teach child how to be respectful to authority.

#### Vitamin D

*All children should have an intake 400 IU of vitamin D a day. They can get this from 16-24 ounces of dairy a day or from vitamins with 400 IU of vitamin D.*