

HEALTH SUPERVISION VISITS

NINE AND TEN YEAR VISIT

BEHAVIOR

- Show interest in school performance and activities; if concerns, ask teacher about extra help
- Create quiet space for homework
- Get help from teacher/trusted adult if bullied
- Promote independence, self-responsibility; assign chores, provide personal space at home
- Be a positive role model; discuss respect, anger management
- Know child's friends; supervise activities with peers
- Anticipate new adolescent behaviors, importance of peers
- Answer questions about puberty/sexuality; counsel to avoid sexual activity, teach rules how to be safe with adults
- Encourage nutritious food choices
- Be physically active 60 minutes a day; limit non-academic screen time to 2 hours per day

SAFETY

- The back seat is the safest place to ride. Switch from booster seat to safety belt in rear seat, when the safety belt fits
- Use safety equipment (helmet, Pads)
- Teach child to swim, supervise around water, use sunscreen
- Counsel about avoiding tobacco, alcohol, and drugs
- Know child's friends; make plan for personal safety
- Remove guns from home; if gun necessary, store unloaded and locked with ammunition separate