



# BRIGHT FUTURES HANDOUT ► PARENT

## 9 AND 10 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to your family.

### ✓ HOW YOUR FAMILY IS DOING

- Encourage your child to be independent and responsible. Hug and praise him.
- Spend time with your child. Get to know his friends and their families.
- Take pride in your child for good behavior and doing well in school.
- Help your child deal with conflict.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs. If you're worried about a family member's use, let us know, or reach out to local or online resources that can help.
- Put the family computer in a central place.
- Watch your child's computer use.
  - Know who he talks with online.
  - Install a safety filter.

### ✓ STAYING HEALTHY

- Take your child to the dentist twice a year.
- Give your child a fluoride supplement if the dentist recommends it.
- Remind your child to brush his teeth twice a day
  - After breakfast
  - Before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Remind your child to floss his teeth once a day.
- Encourage your child to always wear a mouth guard to protect his teeth while playing sports.
- Encourage healthy eating by
  - Eating together often as a family
  - Serving vegetables, fruits, whole grains, lean protein, and low-fat or fat-free dairy
  - Limiting sugars, salt, and low-nutrient foods
- Limit screen time to 2 hours (not counting schoolwork).
- Don't put a TV or computer in your child's bedroom.
- Consider making a family media use plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- Encourage your child to play actively for at least 1 hour daily.

### ✓ YOUR GROWING CHILD

- Be a model for your child by saying you are sorry when you make a mistake.
- Show your child how to use her words when she is angry.
- Teach your child to help others.
- Give your child chores to do and expect them to be done.
- Give your child her own personal space.
- Get to know your child's friends and their families.
- Understand that your child's friends are very important.
- Answer questions about puberty. Ask us for help if you don't feel comfortable answering questions.
- Teach your child the importance of delaying sexual behavior. Encourage your child to ask questions.
- Teach your child how to be safe with other adults.
  - No adult should ask a child to keep secrets from parents.
  - No adult should ask to see a child's private parts.
  - No adult should ask a child for help with the adult's own private parts.

### ✓ SCHOOL

- Show interest in your child's school activities.
- If you have any concerns, ask your child's teacher for help.
- Praise your child for doing things well at school.
- Set a routine and make a quiet place for doing homework.
- Talk with your child and her teacher about bullying.

**Helpful Resources:** Family Media Use Plan: [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan)

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: [www.safercar.gov/parents](http://www.safercar.gov/parents) | Toll-free Auto Safety Hotline: 888-327-4236


## 9 AND 10 YEAR VISITS—PARENT


### ✓ SAFETY

- The back seat is the safest place to ride in a car until your child is 13 years old.
- Your child should use a belt-positioning booster seat until the vehicle's lap and shoulder belts fit.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Teach your child to swim and watch him in the water.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

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# Puberty: Ready or Not, Expect Some Big Changes

Everyone goes through puberty, but not always at the same time or in exactly the same way. It is the time when your body starts changing from that of a child to that of an adult. At times, you may feel like your body is out of control.

Compared with your friends, you may feel too tall, too short, or awkward. You may feel self-conscious about these changes, but many of your friends probably do too.

In general, here's what you can expect.

## When does puberty begin?

There's no "right" time for puberty to begin. But girls start a little earlier than boys, usually between ages 8 and 13 years. Puberty for boys usually starts at about ages 11 to 14 years.

## What changes can I expect?

Chemicals called hormones will cause many changes in your body.

### Hair, everywhere!

Soft hair starts to grow in the pubic area (the area between your legs and around your genitals [around your vagina or penis]). This hair will become thick and very curly. It is not necessary to shave your pubic hair. It is a normal change as you become an adult.

You may also notice hair under your arms and on your legs. Boys start to get hair on their face or chest. You may choose to shave or trim unwanted hair.

### Acne

During puberty, your skin gets oilier. This can cause acne (also called pimples). Acne is not caused by dirt or eating certain foods, and you can't catch acne from or give acne to another person.

Talk with your doctor about how to treat and control mild or severe acne. A few tips on how to care for your skin include

- Do wash your face twice a day. In general, milder soaps and cleansers are better for your skin.
- Don't pop or pinch your zits. All this does is break open the lining of the oil ducts and make them redder and more swollen. This can also cause scars.
- Don't scrub your skin too hard—it irritates the skin.

### Body Odor

You may begin to sweat more. Most people use a deodorant or an antiperspirant to keep underarm odor and wetness under control.

### Other Changes (Girls Only)

**Breasts.** The first sign of puberty in most girls is breast development (small, tender lumps under one or both nipples). There may be soreness, which will go away as your breasts grow. Don't worry if one breast grows a little faster than the other. By the time your breasts are fully developed, they usually end up being the same size.

When your breasts get larger, you may want to start wearing a tank top or bra under clothing. Some girls are excited about this. Other girls

may feel embarrassed, especially if they are the first of their friends to have breasts. Talk with your mom or another trusted adult about your feelings and get advice on tank tops and bras.

**Curves.** As you go through puberty, you'll get taller, your hips will get wider, and your body begins to build up fat in your belly, hips, thighs, buttocks, and legs. This is normal and gives your body a curvier shape.

**Periods.** Your menstrual cycle, or "period," starts during puberty. Most girls get their periods 2 to 2½ years after their breasts start to grow (between 10 and 15 years old). It can take up to 2 years for periods to occur every month. A girl who has started having periods is able to get pregnant, even if she doesn't have a period every month.

During puberty, your ovaries begin to release eggs. If an egg connects with sperm from a man's penis (fertilization), it will grow inside your uterus and develop into a baby. To help your body prepare for this, a thick layer of tissue and blood cells builds up in your uterus. If the egg doesn't connect with a sperm, the body does not need this tissue or these cells. They turn into a blood-like fluid and flow out of your vagina. Your period is the monthly discharge of this fluid out of the body.

You will need to wear some kind of menstrual pad or tampon, or both, to absorb this fluid and keep it from getting on your clothes. Most periods last from 3 to 7 days. It may be helpful to track your periods on a calendar or smartphone app.

Having your period does not mean you have to avoid normal activities such as swimming, horseback riding, or physical education class. Exercise can even help get rid of cramps and other discomforts you may feel during your period.

### Other Changes (Boys Only)

**Height.** Around 13 to 15 years old you will have a growth spurt, meaning large growth in height and shoe size. During this time, you may feel hungrier and eat more. Because you are growing quickly, you won't be very muscular until the growth spurt stops.

**Muscles.** As you go through puberty, you'll get taller, your shoulders will get broader, and, as your muscles get bigger, your weight will increase. This usually occurs later in puberty, around 15 to 18 years old.

**Penis and testes.** During puberty, the penis and testes get larger. There's also an increase in sex hormones. You may notice you get erections (when the penis gets stiff and hard) more often than before. This is normal. Even though you may feel embarrassed, try to remember that unless you draw attention to it, most people won't notice your erection. Also, everyone's penis is different, and if your size or shape compared to another boy is different, it doesn't mean there is anything wrong with you.

**Wet dreams.** During puberty, your testes begin to produce sperm. This means that during an erection, you may also ejaculate. This is when semen (made up of sperm and other fluids) is released through the penis. This could happen while you are sleeping. You might wake up to find your sheets or clothes are wet. This is called a nocturnal emission, or wet dream. This is normal and will stop as you get older.

**Voice cracking.** Your voice will get deeper, but it doesn't happen all at once. It usually starts with your voice cracking. As you keep growing, the cracking will stop and your voice will stay at the lower range.

**Breasts?** You may have swelling under your nipples; this is common between 11 and 14 years old. If this happens to you, you may worry that you're growing breasts. Don't worry; you're not. This swelling is very common and only temporary. But if you're worried, talk with your doctor.

## New Feelings

Along with all the physical changes you will go through during puberty, there are many emotional changes. For example

- You may start to care more about what other people think about you because you want to be accepted and liked.
- Your relationships with others may begin to change. Some become more important and some less so. You'll start to separate more from your parents and identify with others your age.
- You may not like the attention of your parents and other adults at times. Keep in mind that they are also trying to adjust to the changes you're going through. Many teens feel their parents don't understand them; this is a normal feeling. It's usually best to let them know (politely) how you feel and then talk things out together.
- You may lose your temper more easily and feel that nobody cares about you.
- You may begin to make decisions that could affect the rest of your life.

Talk about your feelings with your parents, another trusted adult, or your doctor. You may be surprised at how much better you will feel.

## Sex and Sexuality

During this time, many teens also become more aware of their sexual feelings. A look, a touch, or just thinking about someone may make your heart beat faster and may produce a warm, tingling feeling all over. You may not be sure if you are attracted to boys, girls, or both. That's OK and you shouldn't feel worried about it.

You may ask yourself

- When should I start dating?
- When is it OK to kiss?
- How far should I go sexually?
- When will I be ready to have sexual intercourse?
- Will having sex help my relationship?
- Do I have to have sex?
- If I am attracted to a same-sex friend, does that mean I am gay or lesbian?
- What is oral sex? Is oral sex really sex?
- Is it OK to masturbate (touching your genitals for sexual pleasure)? (Masturbation is a normal private activity and it won't harm you. Some boys and girls masturbate; some don't.)

Remember, talking with your parents or doctor is a good way to get information and to help you think about how these changes affect you.

## Decisions About Sex

Deciding to become sexually active can be very confusing. On the one hand, you hear many warnings and dangers about having sex. On the other hand, movies, TV, magazines, and the lyrics in songs all seem to be telling you that having sex is OK.

It's normal for teens to be curious about sex, but deciding to have sex is a big step. There's nothing wrong if you decide to wait to have sex. Not everyone is having sex. About half of all teens in the United States have never had sex. Many teens believe waiting until they are ready to have sex is important. The right time is different for each person.

No one should be forced or pressured to have sex! If you are ever forced or pressured to have sex, it's important to never blame yourself and to tell an adult you trust as soon as possible. Medical and counseling supports are available to help someone who has been forced or pressured to have sex.

## Deciding to Wait

If you decide to wait, plan ahead how you are going to say no so you are clearly understood. Stay away from situations that can lead to sex, such as being alone with someone who has been pressuring you to have sex, using drugs or alcohol, or going to a party where people will be drinking alcohol or using drugs. Remember, a person who doesn't support your decision to wait may not be the right person for you.

## Making Health Decisions About Sex

If you decide to have sex, it's important to know the facts about birth control, sexually transmitted infections (STIs), and emotions. Sex increases your chances of becoming pregnant, becoming a teen parent, and getting an STI, and it may affect the way you feel about yourself or how others feel about you.

These are important decisions and are worth talking about with adults who care about you, including your doctor.

## Taking Care of Yourself

As you get older, you will need to make many decisions to ensure you stay healthy.

- Eating right, exercising, and getting enough rest are important during puberty because your body is going through many changes.
- It's also important to feel good about yourself and the decisions you make.
- Whenever you have questions about your health or your feelings, don't be afraid to share them with your parents and doctor.

Visit [HealthyChildren.org](http://HealthyChildren.org) for more information.

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# Beyond Screen Time: A Parent's Guide to Media Use

Media in all forms, including TV, computers, and smartphones, can affect how children and teens feel, learn, think, and behave. However, parents (you) are still the most important influence.

The American Academy of Pediatrics (AAP) encourages you to help your children develop healthy media use habits early on. Read on to learn more.

## Media Use and Your Children

You can decide what media use is best for your family. Remember, all children and teens need adequate sleep (8–12 hours, depending on age), physical activity (1 hour), and time away from media. (See the "Media Use Guidelines" chart for general guidelines for media use based on age.)

Because children today are growing up in a time of highly personalized media use experiences, parents must develop personalized media use plans for their children. Media plans should take into account each child's age, health, personality, and developmental stage. Create a Family Media Use Plan online at [HealthyChildren.org/MediaUsePlan](http://HealthyChildren.org/MediaUsePlan). By creating a Family Media Use Plan, parents can help children and teens balance their media use with other healthy activities.

## Why use digital media?

- Digital media use can
  - Expose users to new ideas and information.
  - Raise awareness of current events and issues.
  - Promote community participation.
  - Help students work with others on assignments and projects.
- Digital media use also has social benefits that
  - Allow families and friends to stay in touch, no matter where they live.
  - Enhance access to valuable support networks, especially for people with illnesses or disabilities.
  - Help promote wellness and healthy behaviors, such as how to quit smoking or how to eat healthy.

## Why limit media use?

Overuse of digital media may place your children at risk of

- **Not enough sleep.** Children with more media exposure or who have a TV, computer, or mobile device in their bedroom sleep less and fall asleep later at night. Even babies can be overstimulated by screens and miss the sleep they need to grow. Exposure to light (particularly blue light) and stimulating content from screens can delay or disrupt sleep and have a negative effect on school.
- **Delays in learning and social skills.** Children who watch too much TV in infancy and preschool years can show delays in attention, thinking, language, and social skills. One of the reasons for the delays could be because they interact less with parents and family. Parents who keep the TV on or focus on their own digital media miss precious opportunities to interact with their children and help them learn. Children and teens often use entertainment media

at the same time they're doing other things, such as homework. Such multitasking can have a negative effect on school.

- **Obesity.** Watching TV for more than 1.5 hours daily is a risk factor for obesity for children 4 through 9 years of age. Teens who watch more than 5 hours of TV per day are 5 times more likely to have overweight than teens who watch 0 to 2 hours. Food advertising and snacking while watching TV can promote obesity. Also, children who overuse media are less apt to be active with healthy, physical play.
- **Behavior problems.** Violent content on TV and screens can contribute to behavior problems in children, either because they are scared and confused by what they see or they try to mimic on-screen characters.
- **Problematic Internet use.** Children who overuse online media can be at risk for problematic Internet use. Heavy video gamers are at risk for Internet gaming disorder. They spend most of their free time online and show less interest in off-line or real-life relationships. There may be increased risks for depression at both the high and low ends of Internet use.
- **Risky behaviors.** Teens' displays on social media often show risky behaviors, such as substance use, sexual behaviors, self-injury, or eating disorders. Exposure of teens through media to alcohol, tobacco use, or sexual behaviors is associated with earlier initiation of these behaviors.
- **Sexing, loss of privacy, and predators.** Sexting is sending nude or seminude images, as well as sexually explicit text messages, using a cell phone. About 12% of youth 10 to 19 years of age have sent a sexual photo to someone else. Teens need to know that once content is shared with others, they may not be able to delete or remove it completely. They may also not know about or choose not to use privacy settings. Another risk is that sex offenders may use social networking, chat rooms, e-mail, and online games to contact and exploit children.
- **Cyberbullying.** Children and teens online can be victims of cyberbullying. Cyberbullying can lead to short- and long-term negative social, academic, and health issues for both the bully and target. Fortunately, programs to help prevent bullying may reduce cyberbullying.

## More Media Use Tips for Parents, Families, and Caregivers

- Do not feel pressured to introduce technology early. Media interfaces are intuitive, and children can learn quickly.
- Find out what type of and how much media are used and what media behaviors are appropriate for each child—and for you. Place consistent limits on hours of media use as well as types of media used.
- Select and co-view media with your child so your child can use media to learn, be creative, and share these experiences with your family.
- Check your children's media use for their health and safety.

## Media Use Guidelines

Age	Description	Tips
Younger than 2 years	<p>Children younger than 2 learn and grow when they explore the physical world around them. Their minds learn best when they interact and play with parents, siblings, caregivers, and other children and adults.</p> <p>Children younger than 2 have a hard time understanding what they see on screen media and how it relates to the world around them.</p> <p>However, children 18–24 months of age can learn from high-quality educational media, IF their parents play or view with them and reteach the lessons.</p>	<ul style="list-style-type: none"> <li>• Media use should be very limited and only when an adult is standing by to co-view, talk, and teach (for example, video chatting with family along with parents).</li> <li>• For children 18–24 months, if you want to introduce digital media,               <ul style="list-style-type: none"> <li>◦ Choose high-quality programming.</li> <li>◦ Use media together with your child.</li> <li>◦ Avoid solo media use.</li> </ul> </li> </ul>
2–5 years of age	<p>At 2 years of age, many children can understand and learn words from live video chatting. Young children can listen to or join a conversation with their parents.</p> <p>Children 3–5 years of age have more mature minds, so a well-designed educational program such as Sesame Street (in moderation) can help children learn social, language, and reading skills.</p>	<ul style="list-style-type: none"> <li>• Limit screen use to no more than 1 hour per day.</li> <li>• Find other activities for your children to do that are healthy for their bodies and minds.</li> <li>• Choose media that is interactive, nonviolent, educational, and pro-social.</li> <li>• Co-view or co-play with your children.</li> </ul>
5 years and older	<p>Today's grade-schoolers and teens are growing up immersed in digital media. They may even have their own mobile device and other devices to access digital media.</p>	<ul style="list-style-type: none"> <li>• Make sure media use is not displacing other important activities, such as sleep, family time, and exercise.</li> <li>• Check your children's media use for their health and safety.</li> </ul>
Tweens and teens	<p>Tweens and teens are more likely to have some independence in what they choose and watch, and they may be consuming media without parental oversight.</p>	<ul style="list-style-type: none"> <li>• Parents should engage tweens and teens in conversations about their media use, digital citizenship, what they've seen or read, who they are communicating with, and what they have learned from their media use.</li> </ul>

See *More Media Use Tips for Parents, Families, and Caregivers*. Also, create a Family Media Use Plan online at [HealthyChildren.org/MediaUsePlan](http://HealthyChildren.org/MediaUsePlan). A Family Media Use Plan is useful to set consistent expectations and limits on media use for parents, children, and teens.

- Stop use of devices or screens for 1 hour before bedtime. Do not let your children sleep with devices such as smartphones.
- Discourage entertainment media while doing homework.
- Plan media-free times together, such as family dinners.
- Decide on media-free, unplugged locations in homes, such as bedrooms.
- Engage in family activities that promote well-being, such as sports, reading, and talking with each other.
- Set a good example. Turn off the TV and put your smartphone on "do not disturb" during media-free times with your family.
- Use sites like Common Sense Media ([www.commonsensemedia.org](http://www.commonsensemedia.org)) to help you decide if movies, TV shows, apps, and video games are age and content appropriate for your children and your family values.
- Share your family media rules with caregivers or grandparents to help ensure rules are consistent.
- Talk with your children and teens about online citizenship and safety. This includes treating others with respect online, avoiding cyberbullying and sexting, being wary of online solicitations, and safeguarding privacy.
- Remember that your opinion counts. TV, video games, and other media producers, airers, and sponsors pay attention to the views of the public. For more information from the Federal Communications Commission (FCC), visit <http://reboot.fcc.gov/parents>.
- Encourage your school and community to advocate for better media programs and healthier habits. For example, organize a Screen-Free Week in your town with other parents, teachers, and neighbors.

### From Your Doctor

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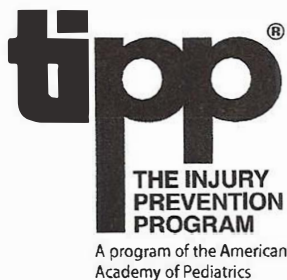
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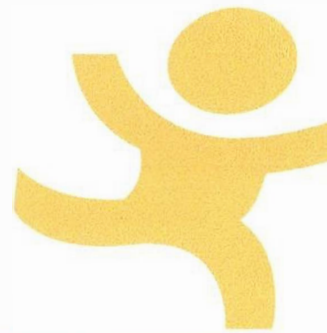
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# 10 Years



1/2



## 10 YEARS

### Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most major injuries** if you and your child take a few simple steps.

At age 10, children will do more things away from home. They will spend more time on a bike or in a car and will not see the need for adults to watch over them. You must take charge; you must **remind your child of safety!** It takes only a few steps to prevent major, common injuries.

#### Firearm Hazards

It is best to keep all guns out of your home. **Handguns are especially dangerous.** If you keep a gun, store it unloaded and in a locked place, with the ammunition locked separately. Your child is in more danger of being shot by himself or herself, his or her friends, or a family member than of being injured by an intruder.

Ask if the homes where your child visits have a gun and how it is stored. Talk with your child about guns in school or on the streets. Find out if your child's friends carry guns.

#### Sports Safety

At this age your child may be playing baseball, soccer, or other sports. Ask your doctor which sports are right for his or her age. **Be sure your child wears the protective equipment made for that sport,** such as shin pads, mouth guards, wrist guards, eye protection, and helmets. Ask your child's coach what is needed.

#### Water Safety

Now is the time to teach your child to swim. Even if your child knows how to swim, never let him or her swim alone. Teach your child how to turn upright, float, tread water, and get to safety.

Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. Never let your child swim in canals or any fast-moving water. The adult must be supervising closely and continuously without distractions like reading or using a phone.

Teach your child to never dive into water unless an adult has checked the depth of the water. And when your child is on any boat, be sure your child is wearing a Coast Guard-certified life jacket.

#### And Remember Car Safety

Your child must **buckle the seat belt EVERY TIME** he or she rides in any car. Booster seats should be used until the lap belt can be worn low and flat on the hips and the shoulder belt lies across the middle of the chest and the shoulder rather than the face or neck (usually at about 4 feet 9 inches tall and 8 to 12 years of age). Remind your child to buckle up when riding with others. *Ask your child to remind you to buckle up too!* **The safest place for all children to ride is in the back seat.**



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## Bike Safety

Your child may want to ride his or her bike farther away from home. Teach your child the “rules of the road” and be sure your child knows them. You must watch your child to be sure he or she can handle a bike safely. **Make sure your child always wears a helmet** while riding a bike. It is still very dangerous for your child to ride at dusk or after dark. Make sure your child brings in the bike as soon as the sun starts to set.



**Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR. Be prepared...for your child’s sake!**

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