

## Dental

**Limit sweet and sticky snacks and drinks that cause cavities.**

- Sour and sticky candies, sports drinks, sodas, and even juice, chips and crackers feed cavity germs.
- Adult teeth are coming in and must last a lifetime. Keep them healthy.
- Brush teeth and along gums, with a pea-size dab of fluoride toothpaste, every morning and at bedtime. Brush tongue too.
- Floss before bedtime.
- Ask dentist about sealants and fluoride for child.
- A child needs a “dental home”. Visit the dentist twice a year, or as advised by dentist.
- Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.



**Use a mouth guard for all sports, like softball, basketball, football, soccer, and skateboarding.**

**Parents: Set a good example.**

- Brush with fluoride toothpaste every morning and night.
- Floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

**Parents and child select healthy food with 3 meals and 1-3 snacks.**

- Start the day with breakfast.
- Healthy foods include:
  - Fruit or vegetable (half the plate)
  - Whole grain bread, cereal, or pasta
  - Protein and iron-rich foods, like meats, chicken, fish, eggs, bean, and tofu
- Limit fried and fast foods plus snacks high in sugar and fat.

**Choose healthy beverages.**

- Drink water often.
- Drink 3 cups of nonfat or low fat milk a day plus 1 additional low fat dairy product.
- Whole fruit is best. Limit 100% fruit juice to 1 cup a day.
- Avoid soda and other sugary drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

**Make family meals a happy time.**

- Wash hands before meal.
- Plan and prepare meals together.
- Eat together, talk together, manners count.
- Do not force child to eat or clean plate.

**Physical activity and weight.**

- Child gets 60 minutes or more of active play a day.
- Place consistent limits on media time and the types of media.

Women, Infants and Children (WIC):  
Call 1-888-942-9675

Food Stamps – Supplement Nutritional  
Assistance Program (SNAP): 1-877-847-3663

## Growing Up Healthy: 9 to 12 Years



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- To [find a Denti-Cal dentist](http://www.denti-cal.ca.gov), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](http://www.kidshealth.org): visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 01/2018.

# Health

## Preteen Health

- Talk about puberty, body changes, sexual development and responsible sexual behavior. Also talk about sexually transmitted infections (STIs), including HIV/AIDS.
- Take child for regular health checkups and immunizations (shots).
- Teach child to keep nails, hair, genitals, and body clean and to wear clean clothes. Wash bed sheets weekly.
- Remind child to wash hands with soap and water before eating, after using toilet, and playing on floor, in dirt, or on the playground.

## Preventing Injury

- Supervise use of power tools, matches, and lighters.
- Warn child about danger of hearing loss with loud music.
- Teach child to swim. Never have child swim alone and make sure child wears life vest when boating.



- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches, and lights.
- If gun is kept in the home, unload, lock up, and store bullets separately and hide the keys. Don't let child play with guns, bullets, or bullet casings.
- Know the social media sites and video games with violent or sexual images and languages. If child is using bike, tricycle, or scooter, have child wear a helmet and knee, wrist and elbow guards.

# What to Expect

Make time to sit down and talk with child. Most of all, listen to what child has to say.



## Preteen 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.

## Preteen Safety and Peer Pressure

- Warn child about dangers of drug, alcohol, tobacco, and nicotine use. Encourage questions.
- Talk about:
  - Avoiding gang activities, peer pressure, and group violence.
  - What bullying means to them and what they could do if they are being bullied or see someone else being bullied
  - Personal safety, including the dangers of hitchhiking.
- Teach child to tell a trusted adult about a stranger and to never accept anything from strangers.

## Prepare for Emergencies

- Be prepared. Plan for emergencies
- Learn infant CPR
- Put smoke and carbon monoxide alarms in hallway and bedrooms. Check alarms every 6 months.

# Safety

## Car Safety

- Use a booster seat in the backseat until child is 4'9" and can sit against vehicle seat back with knees bent and can wear lap and shoulder belt correctly. Child cannot ride in front seat until 12 years old.
- The lap belt must fit low and flat on hips/upper thighs, with shoulder belt across the shoulder and chest not on face or neck.

## Environmental Safety

- Don't play with mercury. Touching mercury just once can contaminate your body, clothes, and items to the point they cannot be cleaned. A teaspoon of mercury not cleaned up properly can make a house no longer livable. See video: [Don't Mess with Mercury](#).
- Check the air quality in your area with [Environmental Protection Agency](#). When outdoor quality is poor, reduce the amount of time spent playing outdoors or at outdoor sports practice.

## Parents: Ways to Support Your Pre-Teen

- Spend at least 15 minutes every day talking to your preteen about their life and their friends.
- Give child lots of praise and affection.
- Help child form positive image.
- Make time for daily homework.
- Assign chores appropriate to age.
- Encourage child to join a group sport and other 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. Discuss how to be safe while using the Internet and social media.
- Be a good role model. Avoid drugs, alcohol, tobacco, and nicotine products