



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

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: 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>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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9-5-2-1-0 for Health!

9 get **9** hours of sleep



5 eat **5** servings of fruits and vegetables each day



2 limit screen time to **no more** than **2** hours each day



1 get at least **1** hour of exercise each day



0 **no** sugary drinks!



Soda
Gatorade
Juice



American College of Pediatricians

www.Best4Children.org

Patient Information Handout

Protecting Your Children on the Internet

The Internet has dramatically changed how most children interact with the world. Along with the benefits of the Internet come significant potential risks to children including easy access to pornography, online predators, cyberbullying and exposure to material encouraging dangerous activities. Despite these risks, many parents neglect to set up parental controls and monitor their children's online activity. Many American teens report that their parents have no idea what they are doing online and a majority of teens admit to hiding their online behavior from their parents.

Being vigilant to put in place safeguards to help protect your children from Internet dangers is an important responsibility. Although time-consuming, neglecting to do so may have very costly consequences for your children. If you are not willing to monitor Internet use on a device (computer, tablet, or smart phone), then do not make that device available to your child or disable its Internet access. Start with Internet safety when your children are young, and as they grow, strive to stay involved so you can help to train them to avoid dangers and use the Internet responsibly.

INTERNET SAFEGUARD RECOMMENDATIONS

- **Install Internet filtering software** on internet-enabled devices (computer, tablet, video console, or smart phone) to decrease the likelihood of inappropriate access. This type of software is designed to block a device's access to inappropriate material and typically has settings to allow different levels of access for different family members. Consider a program that will also help you monitor your children's Internet activity. Also, check out the parental control settings on your child's Internet-enabled devices, where you can set parameters for features such as app installation and time limits. No filter will block out all offensive material, so continue to monitor even after installing an Internet filter!
- **Set ground rules** for your children about Internet safety including instructions and consequences. Create an Internet usage contract for tweens and teens with rules such as parents know all passwords, child must get permission before downloading an app, no chat rooms, and only instant messaging/texting with people parents have approved.
- **Place your computers and game consoles in public areas** (like the family living room) so you can better monitor your children's online activity. No devices in the bedroom!
- **Social Media sites have privacy features** that you should review and set before your children use the sites. Configure the privacy settings on your children's social networking accounts so that their photos and information are only accessible to people they know. Also, keep in mind that according to the Children Online Privacy Protection Act, children under 13 years old are not allowed to have profiles or accounts on social media such as Facebook or Instagram.

- **Communicate with your children** often about being safe and wise on the Internet. Take time to surf the Internet with your children and dialogue with them. Discuss not sharing personal information and what to do if someone asks to meet them face-to-face. Make your children aware that dangerous people may pose as youth online or otherwise misrepresent themselves online.. Ask them to share with you if they encounter something that makes them uncomfortable. Report any suspicious activity to the National Center for Missing and Exploited Children at their Cyber Tip line at 1-800-843-5678 (1-800-THE-LOST).
- **Know your children's usernames and passwords** for their email and social networking sites. Be your children's "friend" or follower on social media. On at least a weekly basis, review their social networking posts, status updates, downloads, music, blogs, etc and discuss the content with your children. Keep in mind that some children will create secret social media accounts to avoid parental oversight. If your children are making poor choices, use the situation for a learning opportunity or impose consequences to help train your children.
- **Communicate with parents of your children's friends** about their Internet safety standards before allowing your children to spend time at their homes. Also, familiarize yourself with Internet safety standards at your children's schools.
- **Password-protect** your home WiFi through your Internet modem or router.
- **Be a good example!** Avoid being addicted to your screens. Turn off or put down your devices often. As you use social media, avoid posting or "liking" things that you would not approve of for your children.
- **Ask for help from someone tech-savvy** if you are having difficulty figuring out how to implement Internet safeguards for your children. Teens can find ways to circumvent Internet boundaries, so try to educate yourself on how to prevent this. For example, you may have blocked Internet browser searches for pornography, but your teen may still have access to inappropriate material directly on websites such as YouTube or eBay.

INTERNET LIMITS

- Excessive time spent on the Internet is not healthy for the overall well-being of our children, may impair interpersonal skills, and may lead to unrealistic relationship realities. Some youth today are truly addicted to social media, online gaming, or other apps.
- Parents can help prevent Internet addiction by enforcing Internet limits from early ages and actively encouraging other real-life activities that help develop crucial interpersonal skills for success in life. Watch for signs of addiction such as your children becoming agitated when they are denied access to the Internet.
- Do not allow cell phones, computers, tablets, or other internet-enabled devices in bedrooms, especially at night.
- Consider "unplugging" the whole family from screens periodically.

- Limit your own use of digital media to set a good example, including turning off smartphones and computers during family meals. Avoid texting while driving.

PORNOGRAPHY & THE INTERNET (statistics from covenanteyes.com)

- Internet pornography viewing by children and teens is extremely common. First exposure to pornography comes at an average age of 12 years for boys. By age 18 years, 90% of boys and 60% of girls have been exposed to porn.
- Percentages of American youth who have viewed specific types of pornography online:
 - Group Sex: 83% of boys, 57% of girls
 - Sexual Bondage: 39% of boys, 23% of girls
 - Bestiality: 32% of boys, 18% of girls
 - Same-Sex Intercourse: 69% of boys, 55% of girls
 - Porn use by youth is a risk factor for oral sex and intercourse at a young age.
- Pornography can be highly addictive and exposure at any early age is a risk factor for addiction and hard core porn use. Pornography is extremely addictive because the brain releases powerful hormones and neurochemicals that give a quick buzz when pornography is viewed. As with other addictive “drugs,” the brain develops a tolerance over time and then harder core porn is needed to get the same “fix.”
- Start talking with your children in the preteen years about the dangers of pornography and keep the conversation going through the teen years and beyond. Warn your children about the addictiveness of porn and how it can ruin their lives.
- Major Harms of Pornography:
 - Creates a preference for the quick fix from pornography over fostering meaningful relationships with real people
 - Interferes with a fulfilling marriage relationship
 - Society-wide: promotes adultery, prostitution, sexual abuse, and sex trafficking

INTERNET BULLYING

- Internet bullying (“cyber bullying”) is common and can have serious consequences. Examples of online bullying include making false accusations online, posting hurtful or threatening comments and public sharing of personal information or images.
- Over half of today’s adolescents state they have been bullied online and over 25 percent of adolescents state they have been bullied repeatedly through the Internet. However, only 1 in 10 teens will tell a parent about the bullying (from bullyingstatistics.org).
- Sadly, some victims of cyber bullying resort to suicide to escape the embarrassment. Scientific studies find a definite relationship between cyber bullying and suicidal ideation and behavior.

SEXTING

- Many teens and tweens text nude or otherwise sexually provocative pictures or videos of themselves from their mobile phones, which is known as “sexting.”
- These images are often shared with more people than just the intended recipient.
- Police consider this activity the “creation and distribution of child pornography,” which is a felony.
- Begin early teaching your children a healthy view of sexuality and continue the dialogue as your children grow about healthy relationship practices (both online and offline).

LIVE STREAMING

- Be aware of applications (apps) that allow for instant live streaming (video broadcasting) of daily activities. These apps include Meerkat, Periscope, YouNow, and Twitch, and over 100 million people around the world currently access YouNow. Many teens are broadcasting from their bedrooms, including leaving their cell phones on to broadcast while they are sleeping. Talk with your child regarding safety and privacy concerns, especially related to live streaming.

Recommended Reading on Internet Safety

- *Growing Up Social: Raising Relational Kids in a Screen-Driven World* by Gary Chapman and Arlene Pellicane
- *Protecting Your Family Online: A Parent’s How-To Guide*, free downloadable book from CovenantEyes.com
- *Selfie: A Parent’s Guide to Social Media* by Tommy McGregor
- *The Digital Invasion: How Technology is Shaping You and Your Relationships* by Drs. Archibald Hart and Sylvia Frejd
- www.netsmartz.org/InternetSafety
- www.safekids.com/kids-rules-for-online-safety/
- www.internetsafety101.org
- <http://www.fbi.gov/publications/pguide/pguidee.htm> (parent’s guide to Internet Safety from the FBI)
- <https://sos.fbi.gov/> (interactive web site, “Safe online surfing,” to teach children from 3rd – 8th grade Internet safety)

Internet Filters and Monitoring Programs

- www.NetNanny.com
- www.CovenantEyes.com
- www.InternetSafety.com (SafeEyes)
- www.ScreenRetriever.com (members of ACPeds can get a discount for this one!)
- www.MyMobileWatchdog.com (for mobile phone monitoring)

Resources on Pornography

- *When Your Child is Looking at Porn*, free download from CovenantEyes.com
- *When Your Teen is Looking at Porn*, free download from CovenantEyes.com
- *Somebody's Daughter: A Journey to Freedom from Pornography*, directed by John Evans, DVD
- *Every Young Man's Battle: Strategies for Victory in the Real World of Sexual Temptation* by Stephen Arterburn
- "Matt Fradd: 10 Myths About Pornography" on www.youtube.com
- *FBI – A Parent's Guide to Internet Safety*: <https://www.fbi.gov/stats-services/publications/parent-guide/parentsguide.pdf>. Accessed 9/16/15

Developing Your Child's Self-Esteem

Sometimes it's easy to notice when kids seem to feel good about themselves — and when they don't. We often describe this idea of feeling good about ourselves as "self-esteem."

Kids who have healthy self-esteem tend to:

- feel valued and accepted
- feel confident that they can do what's expected
- feel proud of a job well done
- think good things about themselves
- feel prepared for everyday challenges

Kids with low self-esteem often:

- feel self-critical and are hard on themselves
- feel insecure, or not as good as other kids
- focus on the times they fail rather than the times they succeed
- lack confidence
- doubt their ability to do well at things

Why Self-Esteem Matters

When children feel good about themselves, it sets them up for success — in everything from school to friendships. Positive feelings like self-acceptance or self-confidence help kids try new challenges, cope with mistakes, and try again. Taking pride in their abilities and accomplishments helps kids do their best.

By contrast, kids with low self-esteem might feel unsure of themselves. If they think others won't accept them, they may not participate as often. They may allow themselves to be treated poorly and have a hard time standing up for themselves. Kids who don't expect to do well may avoid challenges, give up easily, or be unable to bounce back from mistakes.

Having low self-esteem can block success. It can leave kids distracted by the stress of how to deal with everyday challenges.

How Self-Esteem Develops

Contrary to what some might think, self-esteem does not come telling kids they're wonderful, special, and great (even though they are!). Giving every child a trophy doesn't help kids' self-esteem. Indeed, it's possible for kids to feel good about themselves even when they fail.

When children compete — win or lose — they see that their own hard work and practice can make a difference. Earning a prize contributes to self-esteem only when a kid knows he or she earned it.

Self-esteem is the result of experiences that help a child feel **capable**, **effective**, and **accepted**.

- When kids learn to do things for themselves and feel proud of what they can do, they feel **capable**.
- Children feel **effective** when they see that good things come from efforts like trying hard, getting close to a goal, or making progress. For example, kids who take part in a service project feel good about themselves when they see how their actions matter.
- When kids feel **accepted** and understood by a parent or someone close, they are likely to accept themselves, too. Their good feelings about themselves multiply as parents praise good behaviors, help when needed, and give encouragement and support.

How Parents Can Nurture Self-Esteem

Self-esteem develops over time. And if it's low, it can be raised. Here are things parents can do:

- **Help your child learn to do things.** At every age, there are new things for kids to learn. Even during babyhood, learning to hold a cup or taking first steps sparks a sense of mastery and delight. As your child grows, things like learning to dress, read, or ride a bike provide perfect opportunities for self-esteem to take root.
- **When teaching kids how to do things, show and help them at first.** Then let them do what they can, even if they make mistakes. Be sure your child has lots of opportunities to learn, try, and feel proud. Don't make new challenges too easy — or too hard.
- **Praise your child, but do it wisely.** Of course, it's good to praise kids. Your praise is a way to show that you are proud, too. But research shows that some ways of praising kids can actually backfire.

Here's how to do it right:

Avoid over-praising. Praise that doesn't feel earned doesn't ring true. For example, telling a child he played a great game when he knows he didn't feels hollow and fake. It's better to say, "I know that wasn't your best performance, but we all have off days. I'm proud of you for not giving up." Add a vote of confidence, "Tomorrow, you'll be back on your game."

Praise effort rather than fixed qualities. Avoid focusing praise on results (such as getting an A) or fixed qualities (such as being smart or athletic). This kind of praise can lead kids to avoid challenges that may threaten the good 'reputation' they get praised for most.

Instead, offer most of your praise for effort, progress, and attitude. For example: "You're working hard on that project," or, "You're getting better and better at these spelling tests," or, "I'm proud of you for practicing piano — you've really stuck with it." This kind of praise encourages kids to put effort into things, work toward goals, and try. When kids do that, they are more likely to succeed.

- **Be a good role model.** When you put effort into everyday tasks (like raking the leaves, making a meal, cleaning up the dishes, or washing the car), you're setting a good example. Your child learns to put effort into doing homework, cleaning up toys, or making the bed.

Modeling the right attitude counts, too. When you do tasks cheerfully (or at least without grumbling or complaining), you teach your child to do the same. When you avoid rushing through chores and take pride in a job well done, you teach your child to do that, too.

- **Ban harsh criticism.** The messages kids hear about themselves from others easily translate into how they feel about themselves. Harsh words ("You're so lazy!") are harmful, not motivating. When kids absorb negative messages about themselves, they feel bad about themselves, and act accordingly.
- **Focus on strengths.** Pay attention to what your child does well and enjoys. Make sure your child has opportunities to develop these strengths. Nurturing strengths is better than focusing on weaknesses if you want to help kids feel good about themselves and succeed.

Reviewed by: D'Arcy Lyness, PhD

Date reviewed: September 2016

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