

Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

9 Year Old Well Visit

<p>Growth & Development Milestones</p> <ul style="list-style-type: none"> ✓ Has greater small muscle coordination and better dexterity ✓ Favors active, highly-charged games and sports ✓ Wants to excel in sports, hobbies, and games ✓ Becomes self-absorbed and introspective, more critical of self ✓ Ideas/ interests become independent from parents ✓ Wants to talk, dress and act just like their friends ✓ Develops sense of right and wrong, concerned about fairness ✓ Learning the many aspects of friendships & leadership ✓ Make sure they know address and phone number and parents places of work! 	<p>Personal Health & Wellness</p> <ul style="list-style-type: none"> ✓ Set good examples regarding diet and exercise ✓ Use meal times to discuss your child's day ✓ Be aware of progress and concerns at school ✓ Offer wide variety of foods ✓ Encourage 2-3 servings of dairy daily for bone growth and avoid juices or limit to 4 ounces/ day ✓ Limit junk foods, soda pop and fatty/fried foods ✓ Encourage at least 1 hour of physical activity daily ✓ Don't allow competition to get out of hand; encourage personal bests ✓ Allow choice when reasonable ✓ Limit screen time to less than 2 hours per day and carefully monitor programming and websites ✓ Brush twice a day and floss daily 				
<p>Fire Safety & Burns – Water Safety</p> <ul style="list-style-type: none"> ✓ Test smoke detectors 2x/year ✓ Install CO alarm near sleeping areas ✓ Keep matches and lighters out of reach ✓ Have fire escape plan and PRACTICE! ✓ Water heater should be set at 120 degrees or less ✓ Watch for burn risks: stoves, space heaters, irons, fireplace ✓ Always supervise around open water ✓ Teach your child water safety and consider enrolling in swimming lessons 	<p>Home & Personal Safety</p> <ul style="list-style-type: none"> ✓ Be aware of the dangers of outdoor trampolines ✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime ✓ Children require a tobacco free environment at all times ✓ Don't forget sunscreen! ✓ Booster until 49 inches & wear helmets while riding bicycles, scooters, skateboards or roller blades 				
<p>For more information on normal growth and development:</p> <p>http://www.bloomfieldpediatriccare.com/normal-development/normal-development-9-years-old/</p>	<p>Helpful resources:</p> <p>Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition</p> <p>http://www.bloomfieldpediatriccare.com/pediatric-health-topics/</p>				
<p>Office Hours:</p> <p>Monday – Friday 9:00 am to 5:00 pm</p> <p>Saturday (Sept – May) 9:00 am to 12:00pm</p> <p>Phone Number (248) 451-0600</p> <p>Answering Service (248) 858-6888</p>	<p>Poison Control (800) 222-1222</p> <p>Child Safety Seat Inspection:</p> <p>1-866-SEATCHECK; www.seatcheck.org</p> <p>Beaumont Pediatric After Hours Clinic</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Royal Oak</td> <td style="width: 50%;">Troy</td> </tr> <tr> <td>(248) 551-0222</td> <td>(248) 964-2888</td> </tr> </table>	Royal Oak	Troy	(248) 551-0222	(248) 964-2888
Royal Oak	Troy				
(248) 551-0222	(248) 964-2888				