

Your 9 year old



### **Physical Development**

- Acquires greater small muscle coordination
- Has increasing dexterity
- Favors active, highly-charged games and sports
- Wants to excel in sports and recreational skills
- Becomes more interested in clothing and appearance
- Laughs at bathroom humor

### **Emotional Development**

- Has ideas and interests independent from parents
- Does not like anything “different”
- Wants to talk, dress and act just like friends
- Is involved in informal clubs and small groups with other children
- Begins to just sit and talk with friends

### **Mental Development**

- Uses reference books with increasing skill
- Becomes immersed in hobby or project, then drops it for another
- May be a perfectionist
- Generally, follows instructions
- Is developing personal standards of right and wrong
- Is highly concerned about fairness



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### Some Helpful and Trusted Websites:

- [Healthychildren.org](http://Healthychildren.org) (American Academy of Pediatrics)
- [Genesispediatrics.com](http://Genesispediatrics.com) for our Genesis Advice Packet
- [Rochester.kidsoutandabout.com](http://Rochester.kidsoutandabout.com)

Next Visit:  
See you in 1 year  
for the 10 year visit

## Safety

- Back set until age 13
- Use a booster seat until 4'9"
- Teach your child to swim and always have a trusted adult watch them while in the water
- Wear sunscreen when outside
- Wear a helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding
- Talk to your child about not smoking cigarettes, using drugs, or drinking alcohol.
- Make a plan for situations in which your child does not feel safe
- Get to know your child's friends and their families
- Avoid having a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately. Ask if there are guns in homes where your child plays. If so, make sure that they are stored safely.



## Healthy Teeth

- Help your child brush their teeth twice daily
- Use a pea sized amount of fluoride toothpaste
- Help your child floss her teeth once daily
- Dental check up twice per year
- Wear a mouth guard while playing sports

## Staying Healthy

- Encourage your child to eat healthy foods
- 3 servings per day of calcium. 1% or skim milk
- Limit candy, soda pop, and high fat foods
- Offer 5 servings of fruits and veggies every day
- Limit TV time to 2 hours or less per day
- No TV in your child's bedroom
- 1 hour of active play per day
- Eat together as a family

## School

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

## Your Growing Child

- Be a model for your child by saying sorry when you make a mistake
- Show your child how to use words when angry
- Teach your child to help others
- Give your child household jobs and expect them to be done
- Give your child their own space
- Still watch your child and your child's friends when they are playing
- Offer simple answers about puberty
- Teach your child how to be safe with other adults: No one should ask for a secret to be kept from parents. No one should ask to see private parts. No adult or child should ask for help with their private parts.



## Welcome to the New York State Smokers' Quitline

*"I actually set the date and got the patch.  
It was like taking that next step not just talking about it."*



The Quitline is a free and confidential program providing evidence-based stop smoking services to New York State residents who want to stop smoking or using other forms of tobacco.

The Quitline is located at Roswell Park Cancer Institute and is supported through the New York State Department of Health.

### Quitline Services

#### Cessation Coaching

- Cessation coaching calls
- Pre-recorded information and tips
- Motivational messages
- Online information
- Online Chats



#### Free (NRT) Nicotine Replacement Therapy

- Free NRT starter kits
- Online NRT ordering



#### Enhanced Services

- Additional coaching calls and NRT for uninsured and Medicaid clients

#### Easy Referral Programs

- Fax-to-Quit referrals
- Online referral and referrals for free NRT
- Direct referrals



### Bilingual Services

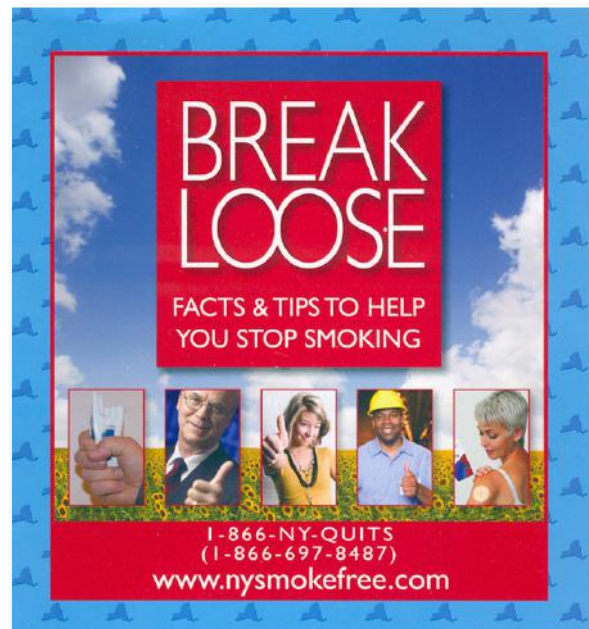
The Quitline provides services for English, Spanish speaking clients, and in other languages upon request.

### Tobacco Related Services

The Quitline also provides tobacco-related services to a variety of other callers, including friends and family of smokers, health educators, businesses, parents and students looking for information.

### Visit us on the web

[www.nysmokefree.com](http://www.nysmokefree.com) provides information and tools to help NY State residents quit smoking.



Live Coaching Support: Monday -Wednesday 9am - 12am, Thursday – Friday 9am – 9pm  
Saturday & Sunday 9am - 1pm  
Taped Message Library and Tip of the Day - 24 hours / 7 days

**1-866-NY-QUITS (1-866-697-8487) • [www.nysmokefree.com](http://www.nysmokefree.com)**