



# West Virginia HealthCheck

## 9 Year Visit

### What to Expect at the 9 Year Visit

By the time your child is 9, he or she has most likely become a part of a **"peer group"**. Most of these friends are of the same gender and have the same interests, like sports or dance. These friends are very important to your child. Children have a huge need to fit in and be accepted by their peer group. During this visit some questions your provider may ask include:

Do you have any concerns about your child's development, learning or behavior?

How happy is your child? Has your child been having any recent stresses in the family or at school?

Do you have any concerns about bullying of your child?

Do you know your child's friends? Their families?

Have you begun to talk with your child about **puberty**?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a complete head-to-toe physical examination.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you age-appropriate information on safety, and talk about healthy habits and routines, school progress and puberty.

### Preventive Care Tips: Talking To Your Child About Puberty

As your child progresses through the elementary-school years, you'll begin to notice an increasing variety of physical appearances among his or her classmates. Some children may be taller, some children may weigh more and by age 9, some children will enter the initial stages of puberty. Boys and girls can see these changes happening to each other, so It's important to talk to your child about how bodies change — sooner, rather than later.

Be prepared to talk to a girl about the expected changes of puberty, including **menstrual period**, when you see the first signs of breast development, or earlier if she seems ready or has questions. For most girls, her main concerns will be about what will happen, how she will feel and what she will need to do to take care of herself. Be sure you talk about this with her several times and go over possible situations for example, what to do if her period begins at school. Prepare her with a selection of pads ahead of time, and help her understand how to use and dispose of them.

A boy should know about normal development of **male reproductive organs** before age 12 — sooner, if he's an early developer.

It's also important to talk to your child about what's happening to members of the opposite sex.

It's best not to have "The Talk" in one sitting but rather as a series of talks, ideally beginning when your child is young and starting to ask questions about body parts. Each time you talk, offer more and more detail, depending upon your child's maturity level and interest in the topic.

Don't forget to talk to your child about the personal hygiene these body changes require. Work with your child to develop a daily hygiene routine. At the very least they should brush their teeth twice a day, and wash their face to prevent breakouts and acne. Ideally, preteens should also shower every day or every other day. Preteens should begin using deodorant when body odor becomes noticeable to others.

It is important to remember that curiosity about sexual development is normal. If your child has a question, answer it simply and honestly. If you feel uncomfortable, need answers to questions, or are uncertain about how to have these talks with your child, ask your healthcare provider for advice.

### What To Expect At The 10 Year Visit

- Your child's exam will include a behavioral risk screen.
- Talk with your provider about adolescent immunizations. Your child may need one or more immunizations.

**West Virginia HealthCheck Program**

**1-800-642-9704**

[www.dhhr.wv.gov/healthcheck](http://www.dhhr.wv.gov/healthcheck)

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**Contact MTM to schedule a ride**

**1-844-549-8353**

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