



Premier Pediatrics, P.A.
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9 and 10 Year Appointments

At Premier Pediatrics, we provide an age-relevant handout prior to each well-visit appointment. Please feel free to use the handout to write down questions and to take notes throughout your appointment. We will be happy to discuss questions you might have regarding anything covered in this handout or otherwise. Please continue to refer back to this handout at home. However, know that you have several options to answer additional questions and concerns that may come up at home.

1. Our staff is available by phone during our office hours: 8AM-4:30PM Monday-Friday.
2. Also, be sure to check our website: www.premierforkids.com. We have partnered with Pediatric Web to bring you a quick symptom guide in addition to a quick medicine and dosage guide.
3. Additionally, we offer triage services through Children's Mercy in the event that you need urgent assistance when we are not in the office. You may follow the prompts from our primary phone number to be connected to this line.

Immunizations

The 9 and 10 year appointments do not necessarily include any immunizations. The next round will typically be given at the patient's 11 year appointment*. However, your child may need to catch-up on a missed immunization or your provider may recommend an immunization based on the patient's individual needs. Please let the nurse or your provider know if you have any questions regarding your child's immunization needs.

Gardasil (HPV9), are immunizations which are currently optional, but the AAP (American Academy of Pediatrics) and our physicians do recommend your child receive this immunization. It may be given to children 9 years of age and older. If your child receives this immunization at his/her well-visit, please be sure to get a vaccine information statement from the nurse.

Appointment and Immunization Schedule

Your child's next regularly scheduled well-visit will be in 1 year.

It is always a good idea to try to schedule these appointments as early as possible. We recommend 2-3 months in advance to ensure an appointment time that works best for you and your child's schedule.

*Well-visit appointments should be scheduled every year around the patient's birthday.

Vaccine Schedule

AGE	REQUIREMENT	DESCRIPTION OF SHOTS
Birth		Hep B
2 month		Pediarix (Dtap, IPV, HepB); PedVaxHib; Prevnar 13 (pneumococcal); Rotarix (Rotovirus-oral)
4 month		Pediarix (Dtap, IPV, HepB); PedVaxHib; Prevnar 13 (pneumococcal); Rotarix (Rotovirus-oral)
6 month	*must be 6M	Pediarix (Dtap, IPV, HepB); Prevnar 13 (pneumococcal); Vision Screen

9 month		Hgb/HCT (finger-prick); Any catch-up shots
12 month	*must be 12M	MMR; Varivax (Varicella); Vision Screen
15 month		Prevnar 13(pneumococcal); Hep A #1
18 month		Infanrix (Dtap); Hiberix; MCHAT
2 year		Hep A #2; Hgb/HCT/Lead (finger prick); MCHAT; Vision Screen
4 year	*must be 4YR	Kinrix (Dtap/IPV); MMRV (MMR/Varicella); Vision Screen
5 year		Vision Screen; Hearing Screen
11 year	*must be 11YR	Boosterix (Tdap); Menveo (Meningococcal ACWY); HPV9; Cholesterol
12 year		HPV9 #2
13 year		HPV if not completed
16 year	* must be 16YR	Menveo (Meningococcal ACWY); Bexsero (Meningococcal B); Cholesterol; Hgb
17 year		Bexsero #2 (Menigococcal B)
18-21 year		Tdap; Catch up on Men B or HPV9 if not complete

Immunization Notes

- *We follow the CDC/AAP (American Academy of Pediatrics) guidelines for vaccinations.
- *We can give the Dtap, IPV (polio) and Hep B individually and not as a combination shot if necessary.
- *Flu shots do not have preservatives.
- *Minimum spacing between 2M, 4M, and 6M shots is 6 weeks.

Health Forms

We have the Kansas and Missouri Department of Health forms, the Kansas and Missouri Pre-Participation forms, and Boy Scout forms available at our office. We will be happy to provide these for your child at a scheduled appointment. If for any reason you need a health form completed outside of a well-visit, we do request that you allow 3 to 5 days to process this request. You may request the Kansas and Missouri Department of Health or the Pre Participation form through the patient portal. We can send that directly through the portal for you to print at home. The Boy Scout form must be dropped off and picked up in our office if done outside of the well care appointment.

Immunization Records

We will be happy to provide a copy of your child's immunization record at any time. Please feel free to ask for one at your child's well-visit or call to request a copy. Immunization records are considered public health records; therefore, they may be faxed if requested or picked up at our office.

Child Care: 9 thru 10 Years

What an exciting time this is for both you and your child! You may be noticing some physical changes, especially in girls, by the end of this period, that herald the onset of puberty. Both boys and girls appear to be physically agile. It seems as if they never stop running, skipping or jumping. This is also an age that is dangerous in that they will attempt feats that can be injury-producing, such as tricks on a skateboard or jumping out of a tree. Children this age enjoy seeing a task or project to completion.

Children this age continue to play with peers of the same sex. However, they are beginning to have transient relationships with members of the opposite sex. Sex education should be on-going with personal values and positive self-esteem emphasized. Ask your doctor for information about these very important subjects.

This age can be a relatively calm period for your child. Preadolescents are fairly easy to get along with. They enjoy being with the family and are affectionate with both Mom and Dad. However, at the end of this period, you may begin to notice a change in mood, especially in girls. Get ready! You are about to enter adolescence.

Eating

Children at this age seem to be constantly hungry. Appropriate snacks should be encouraged and junk foods allowed only in moderation. Breakfast is very important. Make sure your child has a nutritious breakfast every day.

Continue to offer your child selections from the basic food groups at all meals and snacks. Teach him/her about food. Of the major food groups, your child needs: around 24 ounces of milk and milk products; 4-6 ounces of the meat, poultry, fish, eggs, beans, and nuts group; 2-4 fruit servings; 3-5 vegetable servings; and 6-11 bread, cereal, rice, pasta group servings per day. At least one serving of fruit per day should be a citrus fruit or juice. A yellow or dark green vegetable should be served at least 3 to 4 times a week. A bread serving is one slice or a cup of cereal.

Avoid "empty" calorie snacks such as soft drinks, chips, candy, and cookies. If given, these should be in limited amounts. Encourage snacks of fruit, popcorn, peanut butter, stuffed celery, raisins, cheese strips, etc.

It is especially important during this period to evaluate your child's food consumption along with the amount of exercise he/she is doing. Obesity is quite worrisome in this age group, and studies have shown that children who are overweight at this time have a greater chance of obesity in adulthood.

Sleeping

Your child may not be experiencing particular sleep problems at this age except for an occasional nightmare. However, your child may not be getting enough sleep. With the combination of homework, TV, and extra after school activities, many children are sleep-deficient. Children this age require 9-10 hours of sleep per night. It is important that your child obtain a consistent amount of sleep as sleep lost cannot be made up later.

Development/Play

You may notice how "social" your child is becoming! Even though the family is still very important, friends and their opinions are highly valued. They enjoy their friendships and spend time on the phone or write letters to distant friends.

School is very important in your child's life now. Most subjects are enjoyed and they are beginning to have the ability to problem solve. Individual interests and skills vary. Some prefer reading; particularly a book series, comics, or magazines appropriate for their age (consider subscribing to some). Some enjoy writing; encourage keeping a log or diary (maybe on the home computer), but respect your child's privacy. You may notice that your child enjoys collecting articles such as

stamps, baseball cards, postcards, or creating a scrapbook or photo album. Encourage these activities. Music and art interests should be cultivated.

Children this age are very industrious. You may notice that your child helps with household tasks, pet responsibilities, and small domestic projects. This is a good time to teach your child how to cook simple foods and how to use common tools, household and sewing utensils.

Children this age enjoy being together. They play board games, cards, or watch TV. "Toys" for this age include: sports equipment, music, microscopes, cameras, craft kits, equipment related to camping activities, board games and video games. Your child may join a club in your neighborhood or at school or enjoy an organized group such as scouts or a religious group. Support these kinds of activities in your community.

Safety

Because of the type of play that your child enjoys, it is extremely important to teach and reinforce the practice of activity-appropriate safety measures to prevent and limit his/her risk for injury. These activities include team and individual sports, bicycling, swimming, and those likely to cause bodily damage such as trampolines, skateboards, and roller blades.

Continue to teach your child that all firearms are unsafe and should be presumed loaded. **STORE ALL WEAPONS UNLOADED AND LOCKED IN CABINETS. AMMUNITION SHOULD BE SIMILARLY LOCKED BUT IN A DIFFERENT LOCATION.** Most firearm injuries occur in and about the home. Consider asking questions about the presence of firearms at a friend's house. Teach your children the **NEW** rules of gun safety: **N**ever touch a gun; **E**very gun is loaded; **W**hen in doubt; get out.

Drug education must be ongoing and should include illegal substances as well as alcohol and nonprescription medications. Tobacco temptations are everywhere. Discourage usage in any form including cigarettes and "dip." Ask your doctor for more information.

Dialogue and Discipline

An open dialogue with your child about growth, puberty, and sex can help insure that they learn facts within a framework of values that your family feels is important. It is time to prepare your child for the changes of puberty and maturation. This includes not only the physical body changes but the emotional changes as well.

It is important to teach about menstruation (periods) and erections and nocturnal emissions (wet dreams) before they occur. Along with the changes of puberty, you may notice a heightened interest in sexual behaviors such as masturbation (you should know this is normal and reassure your child this is normal). If this is uncomfortable for you, ask for help and/or additional references from your doctor.

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