



Forms:

Complete and print them for your upcoming appointment:
[Tuberculosis Screening](#)

Vaccines:

We recommend the following vaccines:

None

9 YEARS OLD

FAQ

What can I do if my child is being bullied?

If your child tells you that she is being bullied, discuss it with her teacher or guidance counselor. When your child is bullied, talk with your child about how to stay safe. Bullies always pick on smaller or weaker children. If there is a fight, and the bully “wins,” this will only make matters worse for your child.

Teach your child how to:

- Look the bully in the eye.
- Stand tall and stay calm in a difficult situation.
- Walk away.

Teach your child how to say in a firm voice:

- “I don’t like what you are doing.”
- “Please do NOT talk to me like that.”
- “Why would you say that?”

Age Appropriate Information

At Home:

- Assign age-appropriate chores, including responsibility for personal belongings and for some household or yard tasks.
- Provide personal space at home, even if limited, for your child.
- Anticipate the normal range of early adolescent behaviors, including the pervasive influence of peers, a change in the communication between you and your child, sudden challenges to parental rules and authority, conflicts over issues of independence, refusal to participate in some family activities, moodiness, and a new desire to take risks.
- Encourage and role model the admission of mistakes and asking of forgiveness.
- Supervise your child’s activities with peers. Encourage your child to bring friends into your home and help them feel welcome there.

Sexual Development:

- Children are now aware of sexual themes and content in media. Access to accurate and culturally appropriate information on sexual development and sexuality is essential from multiple sources (home, school, and health care professionals). Parents are encouraged to engage their children in an ongoing conversation regarding sexual development. Questions can be answered simply, and additional discussion should be welcomed.
- Be prepared to answer questions about sexuality and to provide concrete examples of the types of behavior that are not acceptable to you.
- If your child receives family life education at school or in the community, discuss the information and review materials with him.

Teach your child that it is never all right for an adult to tell a child to keep secrets from parents, to express interest in private parts, or to ask a child for help with his or her private parts.