



8- to 10-Year Checkup

Date: _____

Weight: _____

Height: _____

BMI %: _____

“I ask about my daughter’s day at school and get to know her friends to stay connected.”

—Kaiser Permanente mom

Eating and activity



Make healthy eating and exercise part of your family’s lifestyle.

Be a role model and encourage healthy eating and exercise habits that will last throughout your child’s life. These important behaviors can help prevent health problems. Make sure to:

- Be active. Aim for at least 60 minutes of physical activity every day, like walking, riding bikes, playing in the park, or dancing.
- Limit nonschool screen time to 1 to 2 hours a day. This includes TV, smartphones, tablets, computers, and video games.
- Fill up on veggies. Half of your child’s plate should be fruits and vegetables at each meal.
- Fuel up with a healthy breakfast every morning. Try to include a lean protein, whole grains, and fruits/vegetables.
- Choose water or plain milk. Soda, sports drinks, and other sweetened beverages are low in nutrition and high in calories. A cup of juice may seem like a healthy option but has as much sugar as a candy bar.

- Eat meals together as a family.
- Let your child help plan and prepare meals.
- Ask us about programs like WIC or Cal-Fresh if you need financial support for food.

Parenting



Help your child make healthy and safe choices.

- Ask your child to tell you about their day and activities. Get to know their friends.
- Continue to encourage daily reading together or on their own. Get your child a library card and visit the library often.
- Ask questions about your child’s schoolwork. Contact their teacher if your child needs extra support.
- Find ways they can contribute to the household, like caring for pets, cleaning up dishes, or taking out garbage. Chores teach responsibility.
- Talk with your child about not using tobacco, marijuana, alcohol, or other drugs. Be sure they know that vaping and using Juul (flavored liquid nicotine) is dangerous.
- Check in with your child if you’re concerned they’re dealing with feelings of sadness, depression, or anxiety. Ask how you can help. If things don’t improve, let us know.

Puberty

Puberty is a series of physical and emotional changes that happen over time.

- Puberty can begin as early as 7½ years old for girls and 9 years old for boys. It’s a good idea to talk with your child about what changes to expect before puberty begins.

- Encourage your child to ask questions or express concerns. Reassure them that their body is normal, and provide them with accurate information.

During puberty, most girls:

- Begin breast development between ages 7½ and 13.
- Grow pubic, underarm, and leg hair between ages 7½ and 14 years old.
- Have a growth spurt when their hips may widen between ages 9½ and 14½ years old.
- Have their first menstrual period between ages 10 and 16½ years old.

For boys, puberty usually starts 1 to 2 years later. Most boys:

- Grow pubic hair between 9 and 18 years old.
- Grow a larger penis, testicles, and scrotum between 9 and 18 years old.
- Grow hair on their face and underarms between 13 and 18 years old.

- Have a growth spurt between age 10 and 17½ years.
- Get a deeper voice or one that starts to “crack” while it changes.

Children develop at their own pace. Talk with us if you’re concerned that your child is developing earlier than these ranges.

Technology



Monitor your child’s screen time.

Technology can have both benefits and drawbacks in your child’s life, but you’re in control.

- Limit screen time (phone, tablet, computer, TV, and video games) to less than 2 hours per day.
- Delay giving an internet-enabled smartphone to your child as long as possible. If you need to communicate with them, consider a basic phone that allows only phone calls and texting to preapproved people.
- Use parental controls and apps that restrict internet access to inappropriate content.
- Consider making a family media plan. The American Academy of Pediatrics (AAP) has a guide to help you create family agreements.
- Set a good example. Put your phone away during meals and family time. Show your child you’re giving them your full attention.

Healthy habits



Help your child thrive as they grow.

- Make sleep a priority. Kids need about 10 hours of sleep to recharge and reach their full potential each day.
- Don’t smoke, vape, or let others smoke around your child.
- Have your child apply sunscreen with an SPF of at least 15 when they’ll be outdoors. Visit **Sun Safety: Information for Parents About Sunburn & Sunscreen—HealthyChildren.org**
- Make sure your child is brushing their teeth with fluoride toothpaste twice a day and flossing once a day. The best way to keep your child’s gums and teeth healthy is to take them to regular dental visits every 6 months. Need help choosing a low or no cost dentist? Visit **smilecalifornia.org** for a list of dentists who accept Medi-Cal.
- Protect your child from the flu and other serious diseases with all recommended immunizations.

Safety



Keep your child safe at home and on the road.

All children under age 13 should ride in the back seat.

- Children need booster seats until they’re at least 4 feet 9 inches tall. Smaller children need to use their booster seats for every ride, even if they complain.

- Children age 8 and older who are 4 feet 9 inches or taller may use the vehicle seat belt if it fits properly. All children under age 13 should ride in the back seat.
- Lock away anything dangerous, including medications, cigarettes, alcohol, and vaping liquid.
- Remind your child that no one is allowed to touch their body without their permission. If anyone does try, they need to tell a trusted adult right away.
- It’s safest not to have a gun in your home. If you must have a gun, store it unloaded in a locked case. Keep ammunition in a separate locked container. Teach your child not to touch guns and to tell an adult if they find one.

Your next checkup is in 1 to 2 years.

Immunizations will be due at that visit.

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your child’s health.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit **kp.org/mydoctor** for more resources.