

Growth and Development

Talk with your child about puberty.

Around age 10, you may see signs your child is starting puberty. During this time, your child may want more privacy or feel a little awkward about their changing bodies. That is your sign to starting talking and keeping the lines of communication open—let them know these changes are a part of growing up and OK to talk about.



Let me know it is OK to ask questions and talk about how I am feeling.

Remind your child that no topic is off-limits and that they can always come to you with questions about their body, relationships, or how they are feeling. Keep your tone calm and positive—it helps your child be comfortable and know it is OK.

Your child's friendships are important.

Your child is starting to care more about what their friends think than what you say. Do not take it personally, it is a part of them wanting to be independent. You can help by leading by example and be encouraging, showing kindness, empathy, and respect.

Limit the pressure for success.

Your child may have felt some pressure to perform—like in school, sports, or other activities. They may compare themselves to others or worry about being perfect (especially if your child is on social media). This is a great time to talk to your child about how they are feeling. Remind them they are trying and the effort they are giving is enough. They are still learning and mistakes happen. Continue to celebrate your child when they win or lose.



10 Years

Well-Child Visit

Take your child to their well visit!

Time to schedule your 10 year old's yearly checkup! This visit covers a lot, so it helps to be ready. Here are some things to remember as you and your child get ready for the appointment:



Your child may want to meet with their doctor alone.

This gives them the chance to bring up any questions they have. You will still have a chance to talk with your child's doctor, but shows you trust your child and encourage their independence.

The doctor may ask you and your child about things like:

- How your child is doing at school?
- How much they move or play each day?
- What they eat and drink—and what they do not like?
- How things are going with siblings and family?
- How they feel about their friends?

Vaccines

Keep your child protected!

To continue staying protected, your child will need a flu vaccine each year and maybe the following vaccines:

- Tetanus, diphtheria, and pertussis (Tdap)
- Meningococcal conjugate vaccine
- COVID-19
- Human papillomavirus (HPV)
This vaccine protects against multiple cancers caused by HPV.



If your child is not fully vaccinated, or if you have questions about vaccines, talk to your doctor, nurse, or clinic.

You can also see and download your family's immunization records online at myirmobile.com.

Congratulations!



Your child is graduating from Watch Me Grow!

We hope you have found these mailings helpful.

We have enjoyed providing you with information to help your child grow up healthy and safe.

Your child will continue to need regular health and dental checkups.



Let's celebrate this moment together!

Oral Health

Take your child to the dentist regularly!

Regular checkups help the dentist catch any problems early and keep your child's teeth healthy as they grow. The dentist can also give helpful tips, apply fluoride to protect teeth, and track how your child's teeth are coming in. When at home, remember:

- **Brush!** Two minutes, twice a day with a pea-size amount of toothpaste.
- **Floss!** Use floss between your teeth where they start touching.
- **Snack smart.** Choose fruits, veggies, and water.
- **Limit drinks with added sugar.** These drinks may increase risk of cavities.
- **Protect.** Wear a mouthguard for sports and do not bite down on hard foods like hard candy or ice.

When you take care of your teeth, it shows your child that brushing and flossing are a part of taking care of their body and they are more likely to keep it going.



Going to the dentist helps me keep my teeth healthy!

Nutrition and Physical Activity

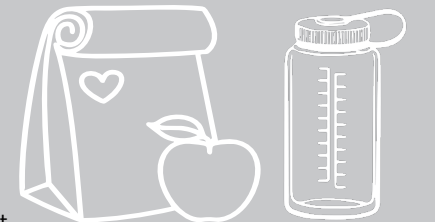
Encourage nutritious eating habits.

As your 10 year old becomes more independent, you will not always see everything they eat during the day. That is why it is important to keep talking about how food and drink choices help your child feel strong, focused, and healthy during the day.

The best way to teach nutrition is by example—show them what nutritious eating looks like at home. Let your child help plan and prepare meals. When your child helps, they are more likely to try new foods and actually enjoy them!

If your child eats at school, take a look at what is on the cafeteria menu and what is sold in vending machines. If you make lunches and snacks, talk with your child about choosing foods that give them energy for school and play.

For free or reduced school meals, ask your child's school for the application.



Thanks for reading!

Share this newsletter with other caregivers in your child's life. To continue to get information from us, follow us on Facebook and Instagram @WatchMeGrowWA

For the Health of All Our Children

Watch Me Grow Washington is a program of the Washington State Department of Health

[Facebook](https://www.facebook.com/WatchMeGrowWA) [Instagram](https://www.instagram.com/WatchMeGrowWA) www.watchmegrowwa.org



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School Experience



Helping your child's success!

Parents and caregivers are a big part of a child's education. You are your child's first teacher! Even after your child starts school, you still play an important role in helping them learn and succeed.

Support your child by learning about common challenges your child may experience like:

Learning and Academic Concerns

- **Learning difficulties:** dyslexia, ADHD, or trouble with math (dyscalculia). These can make a child feel frustrated or unsure of themselves.
- **Pressure and anxiety:** Tests, homework, and high expectations can make a child feel stressed or anxious.



Help me do my best by having fun with my friends.

- **Struggles with schoolwork:** Your child may have a hard time staying organized, managing their time, or understanding lessons. They might also put things off or lose focus.

Social and Emotional Concerns

- **Bullying:** Either in person or online—bullying can cause fear, sadness, or anxiety.
- **Friendship issues:** Some children have trouble making or keeping friends, or they might feel left out or pressured to fit in.
- **Social anxiety:** Worrying about fitting in, being accepted, or handling peer pressure is common at this age.
- **Mental health:** Some children may experience anxiety or depression, especially when school feels stressful.
- **Behavior challenges:** A few children may have trouble managing anger, following rules, or getting along with teachers and classmates.
- Call or text 988 Lifeline, a free and confidential support providing judgment-free care.

Environmental and Transition Concerns

- **Starting school:** School can be stressful because of being away from parents or caregiver, adjusting to new routines, and meeting new people.
- **Transitions:** Changing schools, teachers, or classrooms can be tough and take time to adjust.
- **Past experiences:** Hard experiences—like family illness, loss, or trauma—can make it more difficult for children to feel safe, focused, or connected at school.

For more resources and information please visit, ospi.k12.wa.us/student-success.



Family Support and Routines



Get to know your child's friends.

With more friends and a wider range of interests and activities, your child may begin to spend less time at home.

By knowing your child's friends, you will learn a lot about your child. Let your child know their friends are welcome in your home.

Here are some tips for when your child has friends over:

- Set rules for safety.
- Let your child, friends, and friends' caregivers know an adult will be there.
- Know what is going on by seeing, hearing, and talking with them about what they are doing.
- Give them space.

When your child goes over to a friend's house, here are important things to know before they go:

- Know who else will be at home, like parents, another adult, and siblings.
- Ask about what they plan to do.
- Talk with your child about things that are important to you (no guns, violent TV and video games, alcohol, tobacco and other drugs).
- If your child does not have their own cell phone, know phone numbers so you can call your child or they can call you.
- If there is a change of plans, you need to be told.

Is your child ready to stay home alone?

It is up to you if your child is ready to stay home alone. If ready and with preparation, this milestone can be a great way to build your child's independence and confidence.

Talk with your child and make sure they know the important information like:

- ▶ Phone numbers—all parents and caregivers, work places, their doctor, 911.
- ▶ Where to find the:
 - first aid kit
 - flashlights and batteries
 - fire extinguisher
- ▶ Emergency exit plans



Let's go over rules for when friends come over or when you stay home alone.

Safety



As your child gains independence, your safety reminders still matter. Staying involved, setting clear rules, and practice safety together will help your child build confidence.

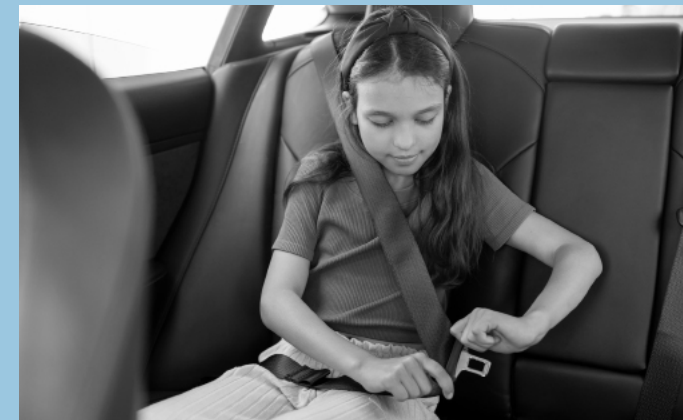
Buckle up every time!

No matter where you are going, your child should ride in the back seat with their seat belt on—every ride, every time. Your child can safely ride without a booster seat once all of these steps are met:

- Back rests against the vehicle seat
- Knees bend at the edge of the seat
- Feet sit flat on the floor
- Lap belt rests low across the upper thighs
- Shoulder belt lies across the mid-shoulder



They should remain in this position the entire trip. If your child is younger than 13, it is safest, and it is the law, that they ride in the back seat when practical to do so. Wearing a seat belt is the law. Your child will be more likely to wear their seat belt during every ride if they see that you and others in the car wear one too.



Make sure I always buckle up!

Make rules for bike safety.

Biking is a great form of exercise and a lot of fun! Make sure your child always wears their helmet and knows the 'Rules of the Road'.

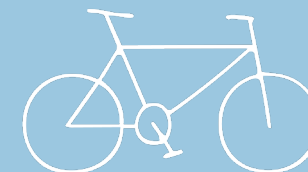
Here are some reminders:

- Ride with traffic, not against it.
- Stop at stop signs and look both ways before crossing streets.
- Avoid riding at dusk or after dark—it's harder for drivers to see bikes.

Electric bikes and scooters are popular but at speeds of up to 20 miles per hour they can cause serious injuries for your child.

Help prevent injuries by:

- Knowing the law.
- Always wear a helmet and other protective gear.
- Checking breaks before every ride.
- Make sure people can see you.
- Staying alert.



Keep your child safe when playing sports.



At this age, your child may be playing more organized sports like soccer, volleyball, baseball, softball, or basketball. Help keep them safe by making sure they always wear the right protective gear like:

- shin guards
- mouth guards
- wrist guards
- helmets
- eye protection

If you are not sure what gear is needed, ask the coach. Every sport is different, but safety gear is always important.



Make sure I wear the right protective gear!

Gun safety is important!

The safest option is to keep guns out of your home. Handguns are especially dangerous.

If you do have a gun, store it unloaded and locked up, with the ammunition locked in a separate place.

Children are more likely to be hurt by a gun at home or a friend's house than by a stranger.

- Before your child visits another home, ask if there are guns there and how they are stored.
- Talk to your child about what to do if they see a gun—walk away and tell an adult right away.
- Keep talking about safety at school and in the neighborhood.

Keep E-cigarettes and vapes away from your child.

These are other forms of nicotine and are still highly addictive. Nicotine and tobacco in any form are bad for growing bodies and brains. Prepare to talk to your child and answer any questions they may have.

Talk with your child's doctor for more support to answer your questions on keeping tobacco and nicotine, as well as cannabis products away from your child.

If you or another caregiver needs help to quit smoking, call **1-800-QUIT-NOW (1-800-784-8669)** or visit quitline.com.

Keep emergency numbers ready!

If your child is in need of emergency medical care call **911**.

If you're not sure what is wrong, but you believe your child is in danger, call **911**.

If you think your child has eaten, or drank a potentially harmful substance, stay calm and call the Washington Poison Center immediately at **1-800-222-1222**.

If your child is sick or hurt and does not seem to be in serious danger, call their doctor.

For more safety information for your child visit, seattlechildrens.org/health-safety/injury-prevention.

