



Preventive Care at 9-11 Years of Age

A1c (Blood Sugar) Screening

Your child's care team may suggest that your child have an A1c test done. This test can be done at a lab or by your child's care team. A blood sample is taken from your child's finger or arm. An A1c test checks your child's average blood sugar levels over the past 3 months. Act early by getting your child's blood sugar checked. This is a good way to help prevent diabetes.

Cholesterol (Lipid) Screening

Your child should have a test done for high cholesterol at least once between the ages of 9 and 11. The only way to know whether your child has high cholesterol is by getting this simple blood test. This test can be done by your child's care team. High cholesterol in children may lead to heart problems in their adult life. There are no symptoms to let you know that levels are high. Checking early can help you and your child's care team take steps to avoid heart disease and stroke. Talk to your child's primary care provider (PCP) about how often your child needs a test.

HPV Vaccine

It is safe for your child to get the HPV vaccine starting at the age of 9. HPV is also known as the human papillomavirus. The HPV vaccine is an important shot that works well to prevent infections that can cause cancer. Getting a first shot early helps protect your child long before any HPV exposure.

Tdap Vaccine

Your child should get a dose of the Tdap vaccine at ages 11 or 12. This shot helps prevent serious health problems from tetanus, diphtheria, and pertussis (whooping cough). Talk to your child's PCP about getting the Tdap vaccine. This is required for 7th grade.

Meningitis Vaccine

Your child should get the meningitis vaccine between the ages of 11 and 12 years. It helps prevent meningitis. It can cause serious health problems in the brain and spinal cord.

Advice Nurse

For questions about a preventive test, call our Advice Nurse at **1-877-661-6230, Option 1** (TTY 711). This is a toll-free number available 24 hours a day, 7 days a week, including holidays.

What to Expect of Your Developing Child

Physical Changes

Puberty typically starts at around age 9. This is an important time. Your child builds more independence and a sense of responsibility. Puberty happens gradually. It's good to start conversations about it early. Changes in your child's body may include growth spurts, an increase in muscles, and growing body hair.

Social and Emotional Changes

This is an important time when emotional and social changes happen. Your child may begin to build stronger friendships and peer relationships. They may face more peer pressure while being around others. Your child becomes more aware of how they feel and look. Problems with body image or eating can start at this age. Help your child set goals, respect others, and talk about their experiences.

Child Health and Safety Resources

Denti-Cal



Regular dental check-ups are key to keeping your child's teeth healthy and strong. This dental program can help your child get the dental care they need. It covers a lot of dental services, including check-ups, cleanings, and treatments. Go to smilecalifornia.org, use the QR code, or call 1-800-322-6384 for dentists or more information.

Behavioral Health Virtual Services



Online behavioral (mental) health platforms are available to you and your family at no cost. BrightLife Kids is made for parents or caregivers and kids from birth to age 12. You can find it online at hellobrightline.com. You can also get it in the Apple App Store and Google Play.

Health Education



Contra Costa Health has resources to help you learn more about ways to protect your child's health. Get access to a health library, a resource guide, tools and videos, health tips, and classes. Visit healthed.cchealth.org or use the QR code.