

Your Child at 9 years



What Most Children Do at this Age:

Physical Development

- Will have grown about 2.5 in. and gained about 7 lbs. within the past year
- Girls are starting to get taller and weigh more than boys
- Will lose about four baby teeth each year, which are replaced by permanent teeth

Intellectual Development

- Can read and understand sentences with up to 12 words in them
- Can add and subtract 2-digit numbers and understand fractions
- Can organize and make plans, such as making plans ahead of time with friends

Social Development

- Can recognize basic social norms and appropriate behavior
- Is capable of having solid friendships
- Is curious about relationships with the opposite sex but few will admit this interest

Emotional Development

- Can control their anger most of the time
- Has gained a strong sense of empathy
- Has more stable emotions than in the previous year. Mood swings may still occur, but not as frequently as before.

Effective Parenting Suggestions:

- Establish clear rules and expectations, reward your child when rules are followed
- Keep praise genuine and specific. Focus your praise on the effort your child put into the process rather than the end result
- Help your child meet expectations by giving them helpful tools, for example, a bin that is easy to access to keep their toys in
- Be a role model, demonstrate good behavior and teach your child how to correctly complete specific tasks or chores
- Use logical consequences for inappropriate behavior, for example, if a child misuses a toy, take it away for a short period of time
- Be consistent, always do what you say you're going to do, if you tell your child there will be a consequence for inappropriate behavior, enforce that consequence when inappropriate behavior arises
- Talk openly with your child about their behavior by asking them open-ended questions. This will help them work through

Source: webmd.com