

7-8 YEAR VISIT

Eating and a healthy weight

- Most children do well with three meals and one small snack per day
- Offer fruits and vegetables at meals and snacks.
- Give foods low in saturated fats and low in carbohydrates and use whole grains.
- If your child is not hungry at one meal, it is okay for him or her to wait until the next meal or snack to eat – allow self regulation.
- Do not eat a lot of fast food.
- Choose healthy snacks that are low in sugar, saturated fat, and salt.
- Offer water when your child is thirsty and avoid sodas, juices or any drinks with added sugars
- Make meals a family time.
- Do not use food as a reward or punishment for your child's behavior.
- Let all your children know that you love them whatever their size - Help your child feel good about him or herself and remind your child that people come in different shapes and sizes.
- Limit screen time to 2 hours or less per day.
- Do not put a TV in your child's bedroom and do not use TV and videos as a babysitter.

Healthy habits

- Have your child play actively for at least one hour each day.
- Plan family activities, such as trips to the park, walks, bike rides, swimming, and gardening. Help your child brush his or her teeth 2 times a day and floss one time a day - Take your child to the dentist 2 times a year.
- Put a broad-spectrum sunscreen (SPF 30 or higher) on your child before he or she goes outside and use a broad-brimmed hat to shade his or her ears, nose, and lips.
- Do not smoke or allow others to smoke around your child.
- Put your child to bed at a regular time, so he or she gets enough sleep.

Safety

- For every ride in a car, secure your child into a properly installed booster seat that meets all current safety standards - Know the booster seat laws in your state.
- Before your child starts a new activity, get the right safety gear and teach your child how to use it.
- Make sure your child wears a helmet that fits properly when he or she rides a bike or scooter. Keep cleaning products and medicines in locked cabinets out of your child's reach.
- Keep the number for Poison Control (1-800-222-1222) near your phone.
- Watch your child at all times when he or she is near water, including pools, hot tubs, and bathtubs - Knowing how to swim does not make your child safe from drowning.
- Do not let your child play in or near the street unsupervised.
- Make sure you know where your child is and who is watching your child – teach your child about inappropriate touching and safety around strangers
- Always think about online safety and communication with contacts online – supervise television and internet content

***Next Visit: 1 year for well child visit**



Chesapeake
Pediatrics

7-8 YEAR VISIT

Parenting

- Read with your child every day.
- Play games, talk, and sing to your child every day.
- Give your child chores to do.
- Make sure your child knows your home address, phone number, and how to call 911.
- Teach your child not to let anyone touch his or her private parts.
- Teach your child not to take anything from strangers and not to go with strangers.
- Praise good behavior and do not use corporal punishment or stern discipline - Use restriction of privileges instead.
- Be fair with your rules and use them in the same way every time – model good behavior
- Make sure all screen time and TV shows are appropriate for age.
- Help your child understand that violence and bullying hurts people.

Development

- Your child will have many things to share with you every day as he or she learns new things in school.
- It is important that your child gets enough sleep and healthy food during this time.
- By age 8, most children can add and subtract and read well – go to the library and use school skills in your everyday tasks
- They are learning to develop social skills – set up play dates and consider team sports

School

- Help your child unwind after school with some quiet time and help with homework.
- Help your child get work organized and give him or her a desk or table to do school work.
- Help your child get into the habit of organizing clothing, lunch, and homework at night instead of in the morning.
- Place a wall calendar and/or dry erase board near the desk or table to help your child remember important dates and tasks.
- Help your child with a regular homework routine - Make learning important and fun.
- Be involved in your child's school if you can.

Your child and bullying

- If your child is afraid of someone, listen to your child's concerns - Praise him/her for facing up to his or her fears and tell him or her to try to stay calm, talk things out, or walk away. Encourage your child to speak to an adult at the school if afraid.
- If your child is a bully, tell him or her you are upset with that behavior and that it hurts other people. Ask your child what the problem may be and why he or she is being a bully.
- Teach your child to talk out differences with friends instead of fighting.

Immunizations - Flu immunization is recommended once a year for all children ages 6 months and older.

****Next Visit: 1 year for well child visit***