

# 7-8 Year Check-Up

BECOMING RESPONSIBLE

Name \_\_\_\_\_

Height \_\_\_\_\_

Age \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Date \_\_\_\_\_

Vision \_\_\_\_\_

Weight \_\_\_\_\_ lbs.

## DIET/EXERCISE

Continue to encourage good eating habits. Your child should be learning the basics of good nutrition. Aim at 3 to 4 servings of dairy and review the recommended food pyramid. Because of food choices and excessive use of TV and computer time, there is an epidemic of obesity in children. Limit so-called junk foods and avoid the sweet drinks soda habit. Peers will influence your child's eating habits. This is the time to form healthy routines. Limit screen time to 1 1/2 hours daily and encourage play for at least 60 minutes a day.

## DEVELOPMENT

- The 7- to 8-year-old develops a sense of personal pride and accomplishment as he is given more responsibility at home. He is able to make his own bed, bathe independently, set the table, etc.
- This is an excellent time to encourage responsibility in health care behaviors. He should learn to brush and floss teeth twice a day, participate in sports or exercise programs instead of passive behaviors like watching TV and playing video games. The confidence that he gains while making good decisions will help your child withstand future peer pressure and make wise decisions.
- Peers continue to be important and your child will identify with children of the same gender who have similar interests and abilities. It is important that you get to know your child's friends and their parents. Always know your child's location.
- It is important to be involved in school activities. Stay in contact with your child's teacher. Early detection of learning needs may prevent future problems.
- Puberty is quickly approaching. Continue to be open with your child regarding sexuality and reproduction. Some early developers will already begin to show signs of changes. Skin changes and the development of body odor are some of the first signs of puberty.
- Counsel your child about avoiding the use of tobacco, alcohol and drugs.
- Remember to hug your child often and tell them you love them. This helps build security and improves self esteem.

## **SAFETY/ACCIDENT PREVENTION**

(Please see previous well-check prevention also.)

- Your child should be in a booster seat till he is 8 years old, 80 lbs and 4 ft. 9 inches. Do not allow children to sit in the front seat. Air bags can kill small children.
- Establish and enforce consistent, explicit and firm rules for safe behavior. Anticipate that your child may make errors in judgment. Be thoughtful in your response and avoid overreaction. Work to develop good lines of communication.
- Ensure that guns, if in the home, are locked up and that ammunition is stored separately. A trigger lock is an important precaution.
- A helmet is needed anytime your child is on a bicycle. Teach your child bicycle safety rules.
- Insist on appropriate safety equipment for sports and activities such as skateboarding or rollerblading.
- Review fire safety rules as a family. Conduct fire drills at home.
- Do not allow your child to operate a power lawn mower or drive any motorized vehicle.
- Use sun screen.