



# SEVEN & EIGHT YEARS OLD

## WELL CHILD CHECK

### NUTRITION

- THREE HEALTHY MEALS WITH 2-3 HEALTHY SNACKS PER DAY
  - Use [WWW.CHOOSEMYPLATE.GOV](http://WWW.CHOOSEMYPLATE.GOV) TO CORRECTLY PORTION MEALS
- SKIM OR 2% MILK FOR NO MORE THAN 16-24 OZ PER DAY
- ALLOW YOUR CHILD TO DECIDE WHEN HE IS FULL.
- EAT MEALS AS A FAMILY WITHOUT THE TV.
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

### YOUR GROWING CHILD

- LEARNS HOW TO REGULATE EMOTIONS
- GIVE YOUR CHILD CHORES TO DO.
- BE AWARE OF PUBERTY CHANGES IN YOUR CHILD

### BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS (BHCs) ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- DISCUSS BULLIES AND TEACH YOUR CHILD TO SOLVE CONFLICT BY TALKING THROUGH OR WALKING AWAY.
- MODEL GOOD BEHAVIOR TO YOUR CHILD BY SHOWING HOW TO APOLOGIZE AND EXPRESS FEELINGS.

### HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY AND FLOSS ONCE PER DAY.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

NEXT VISIT: 1 YEAR

FOR MORE INFORMATION, PLEASE VISIT

[WWW.HEALTHYCHILDREN.ORG](http://WWW.HEALTHYCHILDREN.ORG)

### KEEP YOUR CHILD SAFE

- USE A BOOSTER SEAT UNTIL 4'9"
- TEACH YOUR CHILD HOW TO BE SAFE AROUND OTHER ADULTS.
  - NO ADULT SHOULD ASK TO KEEP SECRETS OR LOOK AT PRIVATE PARTS
- DO NOT APPROACH STRANGE ANIMALS
- NEVER LEAVE YOUR CHILD IN WATER ALONE.
  - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- STORE FIREARMS IN A LOCKED AREA UNLOADED.
- TEACH YOUR CHILD HOW TO SAFELY CROSS THE STREET.
- ALWAYS WEAR A HELMET WHEN RIDING A BICYCLE OR SCOOTER
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- KNOW YOUR CHILD'S FRIENDS AND THEIR FAMILIES.
- NO TV OR COMPUTER IN YOUR CHILD'S ROOM.
- CALL POISON CONTROL CENTER (1-800-222-1222) IF YOUR CHILD EATS A POISON, MEDICATIONS, OR CLEANING SUPPLIES.

### ACTIVITIES

- BE PHYSICALLY ACTIVE FOR 60 MINUTES PER DAY
- SHOW INTEREST IN YOUR CHILD'S SCHOOL ACTIVITIES.
- TALK ABOUT WORRIES.
- LIMIT TV, IPAD, COMPUTER, AND CELL PHONE TIME TO LESS THAN 2 HOURS PER DAY AND ALWAYS SUPERVISE SCREEN TIME