



7-8 Year Old Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- You and your doctor will talk about your parenting, your home, your health and safety as well as your child, and keeping your child happy and healthy.
- Check your child's hearing and vision.
- Talk about interactions at school with peers and teachers.
- Talk about your child's feelings and how they express them.



Staying Safe

- Teach your child home and fire safety. They should also know how and when to call 911.
- Know your child's friends and their families. Do not let them go to a friend's house if no adult is home.
- Teach your child how to be safe around other adults, especially about inappropriate touching.
- Use booster seats until your child is 4 feet, 9 inches tall.
- Teach your child how to swim and always supervise them around water. Always use sunscreen when outside.
- Always use helmets and protective padding.
- Keep the home and vehicle smoke-free.
- If you have a gun in your home, keep it unloaded and locked separate from the ammunition.
- Always monitor your child's computer and television use. Show interest in what they are viewing.

Talking about School

- How do you like school?
- Do other kids pick on you at school?
- What about school makes you nervous?



Mental Health and Development

- What kind of things make you happy?
- What kind of things make you sad?
- When you feel yourself getting mad or worried, what happens?

Preparing for Puberty

- Do you know what puberty is?
- Explain in very simple terms, that everyone's body changes while growing up.
- Be open, and be prepared.











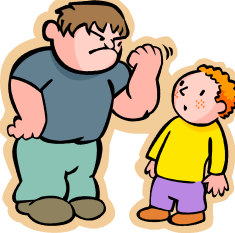



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Home & Car
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Poison Control Center
1-800-222-1222



Staying Healthy for 7-8 Year Olds

Mental Health	 <p>Talk about new things and interests.</p>	 <p>Show affection and praise your child for good behaviors and choices.</p>	 <p>Discuss rules and consequences of breaking rules with your child.</p>
Oral Health	 <p>Brush teeth twice a day, floss daily.</p>	 <p>Take your child to the dentist every 6 months.</p>	 <p>Wear a mouth guard during sports.</p>
School	 <p>If you have concerns, ask your child's teacher about tutoring or special evaluation programs.</p>	 <p>Show interest in your child's school work and activities. Get involved! Ask about interest in after-school programs.</p>	 <p>Ask about bullying. Discuss any concerns with your child's teacher right away.</p>
Nutrition & Exercise	 <p>Eat 5 servings of fruits & vegetables & 2 glasses of low-fat milk daily.</p>	 <p>Eat meals as a family. Turn off the TV during meal times. Discuss your day.</p>	 <p>One hour of exercise every day with 2 hours or less of TV/computer time.</p>

At the next visit:

Your child will have a physical examination.

Your child may receive immunizations.

If you need to discuss a concern about your child, please call us at 215-427-5985.

