

Norman Pediatric Associates Parent Handout 7-8 Year Visit

Profile: The 7 to 8-year old is enthusiastic, outgoing, and friendly. He/she is very curious and may frequently ask adults and peers questions to satisfy his/her need to know. Your child should be able to ride a bike, throw and catch a ball, and swim. He/she is learning to tell time, count money correctly, and may read for pleasure. A 7 to 8 year old has a longer attention span, an increasing ability to relate to others, and understand other's feelings.

Feeding/Nutrition: Your child continues to need three healthy meals a day. Your child may enjoy helping to choose and prepare the family meals with supervision. Mealtimes should be enjoyable and are a good time for families to talk. Turn off the TV or radio and let your child decide how much to eat. Children watch what their parents eat, so set a good example. No candy, soda, juices, fried foods, or chips except for special occasions. He/she should drink 16 – 20 ounces of skim/fat free milk a day. Continue to have your child take a multivitamin daily.

Toys and Activities: Good toys and activities for this age include: card and board games, craft kits, science kits, construction toys, crayons and washable markers. Your child may want to start a hobby or a collection of dolls, trading cards, action figures, etc. He/she may enjoy sports or team activities. Your child should be getting 60 minutes of physical activity every day. Encourage your child to read. Your child can do some simple chores around the house; making the job fit the child's age.

Safety: Learn CPR.

Car: Your child needs to be in a booster seat until he/she is 4'9". Your child should sit in the backseat of all vehicles. Never leave a child alone in the car, yard, house, or around a pool.

Water: Your child needs to be watched continuously when around water. He/she needs to wear a life vest if boating. Enroll your child in swimming lessons. Always use a broad spectrum sunscreen of SPF 30 or higher.

Smoking/Burns: If a member of the family smokes: STOP SMOKING - Ask us for help if you cannot stop smoking. A smoke free environment is important for your child's health. Make your home and car "no smoking zones". Your water heater should be set at less than 120o F. Test your smoke and carbon monoxide detectors frequently and change the batteries. Have a fire escape plan. Keep your child away from the hot stove, hot liquids, fireplace, curling iron, lighters, space heaters, and keep electrical tools locked up and out of reach.

Stranger: Continue to teach your child not to talk to strangers. Your child should know his/her address and phone number.

Pedestrian and Bike Safety: Your child should wear a helmet when riding a bike, scooter or skating. Teach your child pedestrian safety skills; watch all play near streets or driveways. Do not let your child cross the street alone. Know where your child is at all times. A 7 to 8 year-old is too young to roam the neighborhood alone. Make sure your child has the proper safety gear needed for sports and other activities.

Poisons: Keep poisons, medications, and toxic household products out of reach and locked up.

Guns: Guns should be kept unloaded and locked up. Ammunition should be locked up separately from the gun.

Computer: Your child should not have a computer in their room. When he/she is on the computer, monitor the online use. Install a safety filter.

Teeth/Oral Health: Your child needs to brush his/her teeth with a pea-sized amount of fluoridated toothpaste at least twice a day (after breakfast and before bed) and floss at least once a day. Your child should see a dentist at least every 6 months or as the dentist decides. Your child is still losing “baby” teeth. Wear a mouth guard to protect teeth while playing sports.

Social Skills: As your child is gaining confidence, he/she will start making real friends, and even have a best friend. Peer groups become more important, especially friends of the same sex and with similar interests. He/she may look to others, both peers and adults, to help form his/her opinions, but your parent’s opinion and values are still the most important. As your child becomes more independent, encourage this behavior, but also realize he/she still needs to have set limits. Continue to praise your child when he/she is successful, and to establish consequences for inappropriate behavior. Always be a good role model and encourage your child to help others. Teach him/her to resolve conflicts and manage anger without violence. Don’t let your child hit, or allow others to hit your child. Encourage your child to talk about his/her friends, school, and activities. Ask your child what he/she likes, any worries he/she may have, and if anyone is being mean or being a bully. Get to know your child’s friends. Attend back to school night, parent-teacher events, and any other school events, if possible. Make sure your child has a safe place to go after school. Establish a family routine. Limit screen time (TV and computer) to no more than one hour a day of programs suited for your child’s age. Watch the programs with him/her and discuss what took place on the show. No TV or computer in the child’s bedroom. Include reading in your child’s bedtime routine.

Sexuality Education: Use correct terms for body parts including the genitalia. Reinforce with your child that no one is to see/touch your child’s private parts without permission and in the absence of mom and dad. Also, reinforce that no adult is to ask for help with his/her private parts or ask the child to keep secrets from his/her parents.

Immunizations: None for today.

Oklahoma Poison Control Center:
(405) 271-5454 (OKC area)
1-800-222-1222 (state wide toll free)

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