



SEVEN AND EIGHT YEAR VISITS

Anticipatory Guidance

Safety

- The back seat is the safest place for children to ride until they are 13 years old.
- Your child should use a belt-positioning booster seat until the vehicle's lap and shoulder belt fits. This is typically between 8 and 12 years of age and when they are at least 57 inches tall.
- Teach your child to swim and watch her in the water.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, skiing, snowboarding, and horseback riding.
- Use a hat, sun protection clothing, and sunscreen with SPF 30 or higher. Limit time outside when the sun is strongest (11am-3pm).
- Teach your child about how to be safe with other adults.
 - No adult should ask a child to keep secrets from parents.
 - No adult should ask to see a child's private parts.
 - No adult should ask a child for help with the adult's own private parts.
- If you have a gun in your home, store it unloaded and locked with the ammunition locked separately.

Family Rules and Routines

- Encourage your child to be independent and responsible. Hug and praise her.
- Discuss rules and consequences with your child.
- Give your child chores to do and expect them to be done.
- Spend time with your child. Get to know her friends and their families.
- Take pride in your child for good behavior and doing well in school.
- Be a good role model.
- Teach your child to help others.
- Help your child deal with conflict.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco free spaces keep children healthy.
- Put the family computer in a central place. Know who your child talks to online and install a safety filter.

School

- Help your child get ready for school.
 - Create bedtime routines so he gets 10 to 11 hours of sleep.
 - Offer him a healthy breakfast every morning.
- Attend back-to-school night, parent-teacher conferences, and school events when possible.
- Talk with your child about bullies.
- Talk with your child's teacher if you think your child might need extra help or tutoring.
- Know that your child's teacher can help with evaluations for special help, if your child is not doing well in school.

Healthy Habits

- Be aware of puberty and changes in your child's body.
- Take your child to the dentist twice a year.
- Help your child brush her teeth twice a day in the morning and before bed.
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss her teeth once a day.
- Encourage healthy eating by
 - Eating together as a family.
 - Serving vegetables, fruits, lean proteins, whole grains, and dairy.
 - Limiting sugars, salt, and low-nutrient foods.
- Encourage your child to play actively for at least 1 hour daily.
- Limit screen time to 2 hours per day (not counting schoolwork).
- Don't put a TV or computer in your child's bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

Next Well Check: In one year

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next year with your child.