

CORINTH FAMILY MEDICINE & PEDIATRICS

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7-8 YEAR WELL EXAM

NUTRITION:

- Make sure you are offering well-balanced meals and healthy snacks, helping to develop good eating habits for your children. Ensure that your child is eating breakfast daily.
- Aim for 3-5 servings of fruits and vegetables daily.
- Milk is an important source of calcium and vitamin D. At this age, your child should be drinking about 2-3 cups of low-fat milk each day to ensure healthy bone development. Yogurt or cheese are also options.
- Limit your child's intake of sweetened beverages, including juice, soda, and sports drinks. In general, water is enough to keep hydrated. Sports drinks should be reserved for re-hydration during or after vigorous physical activity, not mealtimes.
- Eat meals together as a family has often as you can. This is an important time for strengthening family connections as well as modeling healthy eating habits. Keep mealtimes free of electronic devices and TV. Choose to talk to one another!
- Dental Care: Brush teeth with fluoride toothpaste (pea-sized amount) in the mornings and evenings and floss daily. Schedule regular dental checkups for your child.

ACTIVITIES:

- Encourage at least 1 hour of moderate to vigorous physical activity each day.
- Set reasonable limits on screen time (TV, computers, tablets, video games). We recommend a maximum of 1-2 hrs per day.
- Be involved with your child's school activities. Talk with your child's teacher about any concerns about academic performance or bullying. Marvel with your child over their brain's amazing capacity!
- Sleep: Maintain a consistent, age-appropriate bedtime. Your child should be getting 9-12 hours of sleep per day. Avoid screen time within at least an hour before bedtime and never allow computers, TVs, or laptops in his or her bedroom.

DEVELOPMENT & BEHAVIOR:

- Discipline: Establish clear rules and enforce them consistently. Follow through on all promises you make to your children. Be careful to avoid unrealistic threats of punishment. Use withholding privileges and logical, immediate consequences. Use discipline as an opportunity to teach, not punish. Be an example to your child of how to handle emotions. Praise good behavior! Actively ask your child about his or her day; talk about highlights and low points.
- Independence: Teach your child healthy self-care habits and provide opportunities to make age-appropriate choices. Help your child develop a sense of responsibility by assigning simple chores such as making the bed or setting the table.
- Be prepared to talk about puberty and changes in your child's body. Approach the conversation with openness and allow your child to ask questions.

SAFETY:

- Children should be using a booster seat in the back seat until they are at least 4'9" tall and between the ages of 8 and 12.
- Teach your child fire safety. Have a family plan for emergencies. Teach your child how and when to call 911. Ensure the smoke detectors and carbon monoxide monitors at home are operational.
- Second-hand smoke exposure is dangerous to your child. Do not smoke around your child at home or in the car.
- It is safest not to keep guns in your home. If you do have a gun, keep it locked & unloaded with ammunition locked separately.
- Make sure your child is wearing a good-fitting helmet when using bikes, skates, or scooters.
- Summer safety: Use sunscreen (SPF 15 or 30). Apply 15 minutes before going outside and re-apply every 2 hours and after swimming. Make sure your child drinks plenty of fluids when outside in the heat. Use hats and sunglasses to protect your child from the sun. Use insect repellent (no more than 30% DEET); repellent with 15% DEET offers protection for about 2 hours.
- Monitor your child's use of the internet. Use parental control settings to limit access to dangerous sites. Know who your child talks to online. Teach your child not to share personal information online.
- Teach your child safety around other adults. No adult should be asking your child to keep secrets from you. Your child should not accept gifts from strangers.
- Know your child's friends and their families. Inquire about the safety of homes your child visits.