



Parent Handouts

7 & 8 Year Well Visit



Name _____ Date _____

Weight _____ Height _____ B/P _____ P _____ Vision _____ Hearing _____ Temp _____

Staying Healthy

- Eat together often as a family. • Start every day with breakfast. • Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day. • Limit soft drinks, juice, candy, chips, and high-fat food. • Include 5 servings of vegetables and fruits at meals and for snacks daily. • Limit TV and computer time to 1 hour a day.
- Do not have a TV or computer in your child's bedroom. • Encourage your child to play actively for at least 1 hour daily.

Safety

- Your child should always ride in the back seat and use a booster seat until the vehicle's lap and shoulder belt fit. • Teach your child to swim and watch her in the water. • Use sunscreen when outside. • Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding. • Keep your house and cars smoke free. • Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. • Watch your child's computer use. • Know who she talks to online. • Install a safety filter. • Know your child's friends and their families. • Teach your child plans for emergencies such as a fire. • Teach your child how and when to dial 911. • Teach your child how to be safe with other adults. • No one should ask for a secret to be kept from parents. • No one should ask to see private parts. • No adult should ask for help with his private parts.

Your Growing Child

- Give your child chores to do and expect them to be done.
- Hug, praise, and take pride in your child for good behavior and doing well in school. • Be a good role model.
- Don't hit or allow others to hit. • Help your child to do things for himself. • Teach your child to help others.
- Discuss rules and consequences with your child. • Be aware of puberty and body changes in your child.
- Answer your child's questions simply. • Talk about what worries your child.

School

- Attend back-to-school night, parent-teacher events, and as many other school events as possible. • Talk with your child and child's teacher about bullies. • Talk to your child's teacher if you think your child might need extra help or tutoring. • Your child's teacher can help with evaluations for special help, if your child is not doing well.

Healthy Teeth

- Help your child brush teeth twice a day. • After breakfast • Before bed • Use a pea-sized amount of toothpaste with fluoride. • Help your child floss her teeth once a day. • Your child should visit the dentist at least twice a year. • Encourage your child to always wear a mouth guard to protect teeth while playing sports.

Poison Help: 1-800-222-1222

Vaccines Administered Today:

Tdap / Td	IPV MMR	Hep B Varivax	Hep A Influenza
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