



7-8 Year Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

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What will happen today:

- You and your medical provider will talk about parenting, your home, your child's health and safety, and keeping your child happy and healthy
- Check your child's hearing and vision
- Talk about your child's 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















Smoke Free
Home & Car
1-800-QUIT-NOW



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 the 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 and 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 exam
- They may receive shots

