

Well Check: 7 and 8 years (for parents)

Helping your child learn

You can help your child learn by:

- **Staying in touch with your child's teacher and school.** Go to parent-teacher conferences. Find out how you can help with your child's class.
- **Talking with the teacher if your child is struggling in school.** Ask about tutoring or other special help. Ask about what you could be doing at home. If things do not get better with your help, talk to your child's doctor.
- **Praising your child for working hard at school.**
- **Encouraging reading.** Take your child to the library to get books that interest them.

Keeping your child active

You can help keep your child active by:

- **Encouraging your child to run and play** for at least an hour every day.
- **Encouraging your child to join a sports team.** It's a great way to stay active and make friends. Doing a variety of activities helps keep their growing body free of injury.
- **Creating a media plan.** Establish rules to limit media use and create a media plan for your family at [healthychildren.org/MediaUse Plan](https://www.healthychildren.org/MediaUsePlan).

Keeping your child safe and well

You can keep your child safe and well by:

- **Having them ride in a booster seat** until they're tall enough that their knees bend when they're sitting all the way back in the seat. They need to sit in the back seat until age 13.
- **Not allowing smoking in your house or car.**
- **Helping your child learn good sleep habits.** Your child needs 9 to 11 hours of sleep each night.

- **Making sure your child gets recommended immunizations (shots) on schedule.**
- **Setting a good example for your children by not texting or talking on the phone while driving.**
- **Teaching your child to swim.** Stay nearby when your child is in the water.
- **Keeping your child's teeth clean** by ensuring your child brushes twice a day and flosses at night. Take your child to the dentist twice a year.
- **Making sure your child wears a helmet** that fits well when riding a bike or skateboard. Wear your helmet as an example.
- **Making sure your child wears sunscreen when outside.** Apply it 20 minutes before going out in the sun, and help your child reapply it when needed.
- **Keeping trampoline use safe.** Avoid using them, but if you do, have only one child jump at a time under direct adult supervision. Make sure to use safety nets and bumpers.
- **Protecting your child from gun accidents.** Keep firearms out of areas where children live and play. If a gun is present, it is safer to store it unloaded in a secure location.

What do I need to do next?

- 1 Review this handout.
- 2 Identify something you'd like to do right now to help your child stay safe and healthy.

Feeding your child healthy foods

You can encourage a healthy diet by:

- **Feeding your child a healthy breakfast, giving your child 5 servings of fruits and vegetables, and providing calcium and vitamin D** every day in their diet. Teach them to make a few healthy snacks on their own.
- **Avoiding junk food.** Fast food, candy, and soda pop have no nutritional value and can be bad for your child's health. Do not keep them easily within reach in your home. Your child should drink water or milk, and eat healthy snacks.
- **Eating meals at the table with the family.** It's also a great way to stay connected.
- **Asking the doctor for advice** if you're concerned about your child's eating habits or weight.

Teaching responsibility

You can teach your child about responsibility by:

- **Helping your child understand the reasons for rules** about safety and behavior.
- **Giving your child chores** and expecting them to do them. Help them learn to do things on their own.
- **Making a plan for what to do in an emergency** such as a fire or earthquake. Teach your child how and when to call 911.
- **Being a model of healthy problem-solving.** Try to respond calmly in stressful situations. Say you're sorry when you make a mistake.

This is general information that applies to most families. If your doctor tells you something different, follow what your doctor says.

Staying in touch with your child's feelings

You can stay in touch with your child's feelings by:

- **Taking time to listen to your child.** Spend time listening about your child's concerns, ideas, and friends. Get to know your child's friends.
- **Talking to your child about puberty** and what to expect. Try to make it easier for your child to ask embarrassing questions.

Teaching your child to be safe around other people

You can teach your child to be safe around other people by:

- **Talking with your child about bullying.** If you think your child is being bullied or is bullying, discuss it. If it's happening at school, talk with the teacher.
- **Teaching your child to be safe with adults and teenagers.** Tell your child to tell you if:
 - An adult or teenager shows your child their private parts, asks to see your child's private parts, or asks your child to keep a secret from you. (Make sure your child knows what body parts are private.)
 - Anyone makes your child feel uncomfortable or worried.

My follow-up appointment

Your next well-child visit will be in 1 year.

Date/Time: _____

- **IntermountainMoms** Facebook page
- For more age-appropriate safety information, visit safekids.org and sign up for the monthly newsletter.
- If you need help with housing, food, or if you feel unsafe at home, call 2-1-1, or visit 211ut.org for community services.

Intermountain Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。

© 2023 Intermountain Health. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at intermountainhealthcare.org. FSLW015 - 09/23 (Last reviewed - 09/23) Also available in Spanish.