

## 7-8 Year Old Handout

### 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 white starches and encourage whole grains.
- Limit foods high in sugar and fat including soft drinks, juice, candy, cookies, and chips.
- Include 5 servings of vegetables and fruits at meals and for snacks daily.
- Limit screen time to 2 hours 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 him/her in the water.
- Use sunscreen when outside, SPF 30 or higher.
- Provide a good-fitting helmet and safety gear for biking, scootering, 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.
- Monitor your child's computer/tablet/phone use.
- Know who he/she talks to online.
- Install a safety filter on devices and discuss cyber safety with your child.
- 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/her 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/herself.
- 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 his/her teeth once a day.
- Your child should visit the dentist at least twice a year.
- Encourage your child to always wear a mouthguard to protect teeth while playing sports.

### Poison Help:

1-800-222-1222

### Child safety seat inspection:

1-866-SEATCHECK; [seatcheck.org](http://seatcheck.org)