

# 8 Year Visit – Parent 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 soft drinks, juice, candy, chips and high-fat foods.
- Include 5 servings of vegetables and fruits at meals & snack times
- Limit screen time to 2 hours a day.
- Keep electronics out of 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 the vehicle's lap and shoulder belt fit.
- Teach your child to swim & 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.
- If you 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.
- Use sunscreen when outdoors. Reapply frequently.

## 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 to 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.

## Pediatrics

2705 N. Lebanon St.  
North Pavilion, Suite 415  
Lebanon, IN 46052  
765-485-8900

of Anson – Zionsville  
6085 Heartland Dr.  
Suite 208  
Zionsville, IN 46077  
317-768-2222  
Rev 2/22

