

# YOUR 7 or 8 YEAR OLD

## POINTS TO REMEMBER

### SAFETY

- **MAKE SURE** your child is supervised in a safe environment before and after school and at times when school is out.
- **TEACH** your child to **NEVER** give personal information on a Web site unless your parents say it is OK. It is important to be aware of your child's internet use. Check the Internet history regularly to be sure you approve of your child's internet choices. Your family computer should be in a place where you can easily observe your child's use.
- **TEACH** your child to **NEVER** chat online unless you tell your parents.
- **EXPECT** to give less guidance as your child shows more maturity.
- **BE SURE** your child understands safety rules for the home, including emergency phone numbers, and that she knows what to do in case of a fire or other emergency. Teach your child to dial 911. Conduct fire drills at home.
- **INSTALL** smoke detectors in your home. **CHANGE** the batteries twice a year when the time changes in the spring and fall.
- **HELP** your child to understand it is always OK to ask to come home or call you if he/she is not comfortable at someone else's house.
- **TEACH** your child to never open the door to anyone you don't know. It's best not to have friends over unless your parents give you permission for them to be there.
- **TEACH** your child regarding their "private parts" are body parts under a bathing suit and we keep them covered because you are the only one in charge of them. It is **NEVER** OK for an older child or an adult to show you his/her private parts, to show your privates, to touch you there, to scare you, or to ask you not to tell your parents about what he or she did with you. **ALWAYS** get away from a person as quickly as possible and tell your parent or another adult right away.
- **ALWAYS** make sure your child wears a seat belt properly when riding in an automobile. The back seat is the safest place for children younger than 13 to ride. **NEVER** allow your child to ride in a vehicle if you suspect the driver has been using alcohol or drugs. **DO NOT** allow anyone using alcohol or drugs to supervise your child.
- **TEACH**, or have someone teach, your child how to swim and the safety rules of water. Make sure the swimming pool in your community or apartment complex has a four-sided fence with a self-closing, self-latching gate. **NEVER** allow your child to swim in any fast-moving water. Teach your child to **NEVER** dive into water unless an adult has checked the depth of the water. **TEACH** child to **NEVER** swim without an adult around. **TEACH** child to **NEVER** swim alone.
- **MAKE SURE** your child puts on sunscreen before he/she goes outside for longer periods of time.
- **IF IT** is necessary to keep guns in your home, it should be stored unloaded and locked, with the ammunition locked separately from the gun. Keep the key where children cannot have access.
- **TALK ABOUT** sports safety with your child, including the need to wear protective gear, such as a mouth guard, face protector or bicycle helmet. **NEVER** allow your child to operate a lawn mower or motorized power equipment. **NO CHILD** younger than 16 years of age should ride an all-terrain vehicle (ATV).
- **IF** you or your child is experiencing emotional, physical, or sexual abuse, **TELL** your health care provider or call the **ABUSE HOTLINE 1-800-752-6200** for help. Discuss sex education with your child, and answer questions at a level appropriate for your child's understanding.

### NUTRITION

- **HELP** your child learn to choose foods that are good for them, including plenty of fruits and vegetables every day. Try to have at least 5 servings of fruits or vegetables every day by including them in most of your meals and snacks.

- **SERVE** your child a balanced breakfast or make sure that the school provides one. **LIMIT** sweets and high-fat snacks, such as candy, potato chips, or soft drinks. Make sure your child is getting enough calcium daily. Limit juice to 4-6 ounces per day of 100% fruit juice. **DO NOT** serve fruit drinks. Share family meals together as often as possible. Make mealtimes enjoyable. **TEACH** children to talk and turn off the TV during mealtimes.

## **HEALTHY TEETH**

- **CLOSELY WATCH** your child while brushing his/her teeth twice daily and when flossing once a day.
- **GIVE** your child fluoride supplements as recommended by their dentist.
- **TEACH** your child how to prevent dental injuries and what to do if a tooth is lost or fractured.
- **SCHEDULE** a dental visit for your child every six months. As new molars erupt, make sure they are evaluated by a dentist for the application of a dental sealant.
- **TEACH** your child not to smoke, chew, or use smokeless tobacco. **TEACH** them why this is bad for their lungs, skin and teeth. Teach them to walk away from kids that offer them cigarettes or other things to smoke.

## **CARE and INTERACTIONS**

- **SHOW CARING** and pride for your child's strengths and use praise often.
- **TEACH** your child to feel good about his/her self, to do things for themselves, and to be responsible in all areas by not doing things for your child, but by supporting him in helping others through volunteering.
- **DO NOT** hit, shake, or spank your child or permit others to do so. **INSTEAD**, talk with your child about making reasonable consequences for breaking the rules and follow through with the agreed-upon consequences each time a rule is broken.
- **BE A POSITIVE ROLE MODEL** for your child in terms of activities, values, attitudes and morals.
- **IF** your child is not doing well in school, ask the teacher about evaluation for special help or tutoring that may be available.
- **If** your child is anxious about going to school, talk with them about the possibility that they are being bullied by another child. Try to obtain a complete picture of what is happening and when and where. Contact your child's teacher and the principal to see their assistance in dealing with the bully.