

7 & 8 Year Old

Developmental Milestones

Feeding and Nutrition

Well Child Checks

Recommended Immunizations

Safety

Developmental Milestones

Years 7 & 8

Social/ Emotional:

- ◆ becoming more independent from parents and family
- ◆ friends becoming increasingly important
- ◆ thinking about future
- ◆ desires to be accepted by peers

Language:

- ◆ rapidly developing effective communication skills
- ◆ reading independently
- ◆ can correctly use telephone
- ◆ enjoys jokes or riddles

Cognitive:

- ◆ learning basic arithmetic and grammar
- ◆ understands past, present and future
- ◆ tells time
- ◆ knows left from right

Physical:

- ◆ can throw and catch a ball
- ◆ likes to climb and swim
- ◆ rides bicycle
- ◆ draws scenes in pictures (such as house and sky)

Developmental Milestones

Years 7 & 8

☐ Tell Your Health Care Provider If Your Child:

- ◆ doesn't show a wide range of emotions
- ◆ shows extreme/unusual behavior
- ◆ is unusually withdrawn and not active
- ◆ becomes easily distracted
- ◆ has trouble focusing on one activity for more than 5 minutes
- ◆ is not playing a variety of games and activities
- ◆ is not making friends
- ◆ not speaking about daily activities or experiences
- ◆ doesn't want to go to school
- ◆ doesn't draw pictures
- ◆ loses skills once learned

Remember: All Children grow and develop at their own pace.

Feeding and Nutrition

- Set designated mealtimes for whole family -Turn off TV and other electronics
- Offer a rainbow of colors on the plate. Include plenty of fruits, vegetables, proteins, whole grains and dairy
- Decide when and where your mealtime happens and offer many healthful choices
- Allow child to choose which food and how much to eat
- Avoid sugary drinks - Good choices are water and milk
- 4 oz of 100% juice (no sugar or high fructose corn syrup added) per day can be a good choice
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve, this is a great way to tell if your child is getting adequate nutrition
- Limit foods that are high in fat, sugar and salt
- Offer three meals and three healthful snacks each day and strive to provide 5 servings of fruits and vegetables daily
- Include at least one hour of physical activity daily into the families routine
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition at <http://monteloresecc.org>

Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child

5.2.1.0.

**5 servings of fruits & veggies
2 hours or less screen time
1 hour or more exercise
0 sugary drinks daily!**

Well Child Checks

Years 7 & 8

☐ Topics to discuss with your health care provider:

- ◆ child's progress in school
- ◆ interests and special activities
- ◆ behavior or learning issues
- ◆ issues with bullying
- ◆ encouraging independence
- ◆ showing affection
- ◆ rules, consequences and discipline
- ◆ teaching child about puberty and body changes
- ◆ good nutrition
- ◆ physical activity and organized sports
- ◆ limiting screen time and monitoring computer usage

Recommended Immunizations

☐ Influenza (yearly)

*For more information on Immunizations and the diseases that they protect us from go to the Center of Disease Control and Prevention website at:
<http://www.cdc.gov/vaccines/parents/index.html>*