

7-8 Years

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____ BMI: _____

Vitamins: _____ Milk: _____ Lead Risk Assessment: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

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.

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 do things for themselves.
- 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.

Accident Prevention:

- Continue to use an approved car safety seat.
- Poison Control # 800-222-1222.
- Watch your child around water.
- Use sunscreen when outside.
- Teach your child to swim.
- If there is a gun in the home, make sure it is stored unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in the homes where your child plays. If so, make sure they are stored safely.
- Provide a good fitting helmet and safety gear for biking, skating, skiing, snowboarding, and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Teach your child how and when to dial 911.
- Keep your house and cars smoke free.
- Know your child's friends and their families.
- Watch your child's computer use.
 - Know who she/he talks to online.
 - Install a safety filter.
- Teach your child about 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.

Healthy Habits:

- Eat breakfast.
- Buy fat-free milk and low fat dairy foods, and encourage 3 servings each day.
- Limit candy, soft drinks, and high-fat foods.
- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Limit TV time to 2 hours a day.
- Do not have a TV in your child's bedroom.
- Make sure your child is active for 1 hour or more daily.

Healthy Teeth:

- Help your child brush teeth twice a day. After breakfast and 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 mouth guard to protect teeth while playing sports.

Pediatric Associates, Inc.

7910 W. Jefferson Blvd. Ste. 201
Fort Wayne, IN 46804 (260) 436-3789

••Gregory W. Veerkamp, M.D. ••Mary Pat Veerkamp, M.D.
David A. Rusk, M.D. ••Andrew P. Landrigan, M.D. ••Jennifer L. Landrigan, M.D.
Aaron J. Sackett, M.D. ••Kathryn I. Kleber, M.D. ••Abigail R. Haselden, M.D.