



What You Need to Know: 7 and 8 Years Old

Nutrition

- Be a good role model of healthy eating.
- Your job as a parent is to choose healthy foods for your child and offer those 3-5 times per day. It is your child's job to decide how much to eat and whether to eat at all. Intuitive eating should be encouraged.
- Growth in children is inconsistent and so are their eating habits. Expect appetite to go up and down.
- Offer healthy choices. Limit foods and drinks which are high in simple sugars, fats, and refined flour. Avoid foods with trans fats and limit juice intake.
- Encourage your child to eat at least 5 servings of fruits and vegetables every day.

Sleep

A regular bedtime routine is very important to children. Between 5 and 8 years of age, the average child sleeps 10-11 hours per day. Typical bedtime at this age is 7-9 pm. Nighttime fears are common in this age group. If your child's fears are disrupting sleep, please discuss it with your Pediatrician for some helpful suggestions.

Development

- Show more independence from parents and family.
- Start to think about the future.
- Understand more about his or her place in the world.
- Pay more attention to friendships and teamwork.
- Want to be liked and accepted by friends.

Safety

- Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face.
- If you have a gun in the home, make sure it is in a locked safe, unloaded, and separate from ammunition.
- Teach your child the dangers of cars in the street, and always closely supervise your child when near a street.

- Use a broad-spectrum, PABA-free sunscreen with at least SPF 30 during outside play, even in winter months and reapply frequently.
- Enroll your child in swimming lessons. However, knowing how to “swim” does not ensure the child’s safety in or near water at this age. Use an age/weight-appropriate life jacket at beaches and on boats.
- Use a properly fitted bicycle helmet whenever your child is on a bicycle or a tricycle, skateboard, scooter, skates, snowboards, or while skiing.
- By this age your child should know his full name, address, phone number, and how to call 911 in an emergency.
- Discuss stranger safety and playground safety
- Discuss privacy.
- Use appropriate protective equipment during sports—helmet, mouth guard, & shatterproof eye gear.
- Keep matches & lighters away from children. Never allow your child to play with pocket knives, fireworks, firecrackers, or sparklers.
- Develop a fire escape plan for your home and teach your child. Check smoke detector batteries every 6 months.

Other Things....

- Dental care – schedule dental visits every 6-12 months.
- Brush teeth twice a day and floss daily.
- Limit the amount of screen time (no more than 2 hours a day) and monitor the types of shows your child watches. Limit computers and video games. Avoid violent games and stick to age-appropriate content.
- Help your child learn about healthy lifestyles—encourage one hour of exercise daily and teach good nutrition.
- Spend time with your child every day – read books with your child, encourage hobbies, take an interest in your child’s day at school, and get to know your child’s friends and teachers.
- Do not over-schedule your child. Too many activities can add stress to a child and family.
- Children are very curious about their bodies at this age. Answer questions about body parts in a simple, honest way. Use correct terms for body parts.
- Encourage your child’s independence and self-responsibility. Assign simple household chores to your child.
- Wear sunscreen with at least SPF 30 during outside play, even in winter months and reapply frequently.

Next Well Visit (Yearly)

Suggested Reading

[How to Talk So Kids Will Listen & Listen So Kids Will Talk](#)
By Adele Faber and Elaine Mazlish

[Parenting with Love and Logic by Foster Cline and Jim Fay](#)

[The Five Love Languages of Children by Gary Chapman and Ross Campbell](#)

[The Whole Brained Child 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel and Tina Payne Bryson](#)

[The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed by Jessica Lahey](#)

[Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Daniel J. Siegel and Mary Hartzell](#)

[United Way of Utah County: Everyday Strong Resilience Handbook](#)

Useful Websites

[www.canyonviewpediatrics.com](#)

[www.cdc.gov/vaccines](#)

[www.aap.org](#)

[www.seatcheck.org](#)

[www.healthychildren.org](#)