

RENAISSANCE PEDIATRICS, P.C.

7 Year Well Child Check

Development

- Favors competitive games
- Rides a two wheeler
- Better large muscle control
- Expresses negative feelings through language
- Tattles on other children
- Plays with boys and girls but will have a same sex best friend
- Still has trouble with the concept of honesty and dishonesty
- Begins to look for role models
- Uses logical reasoning to solve problems
- Concerned with right and wrong

RENAISSANCE PROVIDERS

Dr. Sandra Baucom MD, FAAP
Dr. Dionne Harewood MD, FAAP
Dr. Michael Scaccia MD, FAAP
Jennifer McMurray, RN, MSN, CNNP, CPNP
Dr. David Dorbad MD, FAAP
Dr. Rhonda Mangrum MD, FAAP
Jessica Parrott RN, MSN, CPNP
Erinn Hokanson RN, MSN, PNP-BC
Martha Jones RN, MSN, CPNP



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

- It is normal for your child to ask questions about life, death and the human body
- Your child is concerned about popularity among peers and wants approval from adults
- Your child wants to be "first, best, perfect, correct" in everything
 - Help your child handle failures in an appropriate fashion
- Your child will enjoy spending time away from home and in formal activities

Nutrition and Physical Activity

- Share family meals together as often as possible.
- Show your child how to make healthy food choices.
 - Eat 5 servings of fruits or vegetables per day.
 - Limit high fat and low nutrient foods and drinks.
- Drink 2-3 cups of low fat milk per day. Low fat yogurt and cheese are good alternatives to milk.
 - Limit juice to 4-6 oz per day of 100% fruit juice.
- Child should be physically active for at least 60 minutes per day.
 - Limit TV and video time to no more than 2 hours per day.
 - Child needs 10-11 hours of sleep per night.

Healthy Teeth

- Brush teeth twice a day with pea size amount of fluoride toothpaste and floss once a day.
 - Child should see a dentist every 6 months.

Safety

- Child should ride in a booster seat in the backseat until the age of 8. The shoulder belt should lie across the middle of the chest and shoulder and the lap belt should be low and snug across the upper thighs.
 - Teach your child how to act away from home and what to do in an emergency situation.
- Child should wear safety equipment when biking ,skating or playing sports.
 - Remember to apply sunscreen with a SPF 30.
- Teach your child to swim and proper water safety rules.



Parents Points of Interest

Family Time

Encourage competence, independence and self – responsibility by helping your child do things well.

Show pride in your child's strengths.

Be a positive role model yourself.

Never hit your child but encourage verbal communication about punishment for breaking the rules.

Begin to pay attention to what your child is doing on the internet.

Vitamin D

All children should have an intake 400 IU of vitamin D a day. They can get this from 16-24 ounces of dairy a day or from vitamins with 400 IU of vitamin D.