

RENAISSANCE PEDIATRICS, P.C.

8 Year Well Child Check

Development

More control over small muscles

Accident prone on playground

Is easily embarrassed

Realizes others have similar feelings
and different opinions

Is bossy, lovable, and responsive

Is loyal and looks for compatible
friends

Shows some hostility towards the
opposite sex

Proud of completing tasks and will
resist adult guidance sometimes

Is idealistic and interested in pro-
jects and collections



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!

RENAISSANCE PROVIDERS

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- Your child is able to use logic and focus on multiple aspects of a problem
- Your child wants to learn how things work and has questions about the world around him
- The child will look outside the family for new ideas and activities
 - A child's peer group becomes increasingly important to them
- Your child will increasingly value a caring, supportive relationship with family, adults and peers

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

School Tips

School is the most important marker of your child's social, language, and cognitive development.

If the teacher is concerned with your child's behavior in school, please speak with your healthcare provider.

Discipline Tips

Rewards are effective in this age group for appropriate behavior.

This can help with getting homework done in a timely fashion.

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.