

## School Age (5-8 years)

### HEALTH ISSUES

Offer healthy snack and meal choices, limiting sugars. Encourage fruits and vegetables. Offer many options.

Avoid direct sun exposure. Use a sunblock - SPF 50.

Make an appointment with your dentist for a routine exam and continue routine cleanings every 6 months.

Continue to have your child brush his or her teeth twice daily with a pea-sized amount of toothpaste.

Ensure adequate amounts of sleep and physical activity (at least 60 minutes per day).

Encourage importance of good personal hygiene.

### SAFETY ISSUES

Use a seat belt whenever in a moving car or van. If your child is under 70 lbs. or less than 4 foot 9 inches, your child should continue to use a booster seat. Always have your child in the back seat as it is the safest place to be if in an accident.

Never put a child under 13 years of age in the front seat of a car with a passenger side airbag.

Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

Install and test your smoke detector in or near your child's room.

Childproof your home (poisons, medicines, guns, cigarettes, hot liquids).

Make sure any playground environment is safe.

Obtain your local Poison Control Center's phone number and keep it on hand.

Use a bike helmet for your child (and yourself) when riding.

Supervise most activities, especially around lawnmowers, large dogs, cars. Do not allow your child to ride on a riding lawnmower.

Keep matches out of reach and instruct on fire safety.

Do not keep a firearm in your home. If you must, make sure it is locked and out of reach from your curious child.

Continue to teach your child not to take rides or food from strangers; also, teach that his or her "privates" should not be touched or looked at by anyone other than mom, dad, or a doctor.

Provide a safe after-school environment.

Teach your child how to swim and follow water safety rules.

Supervise activities with friends.

### YOUR CHILD SHOULD...

Be able and willing to follow rules at home and school; respect authority.

Know his abc's, count to 10, and simple math.

Show pride in his or her achievements.

Be making steady progress in school

Know how to swim.

### YOU SHOULD...

Praise your child at every opportunity.

Talk and sing regularly with your child.

Listen to music together with your child.

Play board games and card games with your child.

Limit screen time (TV, computers, tablets, and smart phones) to certain programs and to maximum of 1 hour per day.

Practice selective TV viewing (not channel surfing).

Encourage your child to read book on his or her own as well as interactively with you.

Reward good behavior as much as possible.

Be consistent with rules. Be firm. You decide how strict or liberal to be, just make sure you are consistent.

Respect your child's autonomy, privacy.

Offer choices to your child at every opportunity to allow decision making.

Encourage assertiveness but not aggressive behavior.

Allow for self-care opportunities.

Have a bedtime routine and put your child to sleep in his or her own room. If they wake up at night, take them back to their own room and, if needed, lay down with them in their room until they are asleep again.

Eat meals as a family.

Establish and maintain family rituals/traditions.

Try to allow expression of feelings (anger, joy, sadness, fear). Offer ways to resolve conflicts and handle anger.

Expect curiosity of genitalia and sexual matters. Use correct anatomy terminology. Answer sex-related questions in a simple

**NEXT WELL VISIT IN 12 MONTHS**

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manner. Read age-appropriate books on sexual matters.

Assist your child with communications with teachers and adults.

Prepare for school and meet with teachers regularly. Get involved with your child's school and organized activities.

Assign chores and offer rewards (point scoring system, allowance).

Be an example of the type of person you want your child to grow up to be - they are like sponges and absorb everything around them!

Spend time alone with your partner - one of the best things you can do for your child is to maintain a quality relationship with your partner.

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