

Name \_\_\_\_\_

Date \_\_\_\_\_ Height \_\_\_\_\_

Weight \_\_\_\_\_



**Children's**<sup>®</sup>  
Healthcare of Atlanta

## Well Child TIPS FOR TAKING CARE OF YOUR 8-YEAR-OLD

**CHILDREN ARE CONSTANTLY CHANGING.** And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

### SAFETY

- Children should always buckle up with a safety belt, in the back seat. If not properly restrained by safety belts, children can be injured in a collision. If you must put your buckled-up child in the front seat of a car that has a passenger-side air bag, push the seat back from the dashboard as far as possible to prevent injuries from the force of the air bag if it inflates. For more information on seatbelt safety, please visit our Web site at [www.choa.org](http://www.choa.org). Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.
- For a safety belt to fit properly, a child must be tall enough to sit without slouching, with knees bent at the edge of the seat, with feet on the floor. The lap belt must fit low and tight across the upper thighs. The shoulder belt should rest over the shoulder and across the chest. Never put the shoulder belt under the arm or behind the child's back. The adult lap and shoulder belt system alone will not fit most children until they are at least 4 feet 5 inches tall and weigh about 80 pounds.
- Avoid giving your child toys that shoot objects, such as BB guns or airguns.
- Like other sports, in-line skating can be fun, but it is important to use the right equipment. Make sure your child wears a multipurpose helmet, knee and elbow pads and wrist guards. Multipurpose helmets are specially designed for skates and skateboard use. Multisport helmets can also be used when riding a bike, but bicycle helmets should not be substituted

when in-line skating or skateboarding. Teach your child to watch out for people and cars and to stay away from traffic. It is also a good idea for children to take lessons in a sport to help reduce the risk of injury. For more information on wheel safety, please visit our Web site at [www.choa.org](http://www.choa.org). Or stop by the nearest Children's Healthcare of Atlanta Immediate Care center.

### NUTRITION

- Your child will need a snack after school. Be prepared for snacks by planning the foods that will be available after school.
- Make snack time a set time. Children should have enough to fill up on and then move on to their other activities. Water should be encouraged between meals and snacks. Soda and juice should not be an option between meals and snacks.



## DEVELOPMENT

- Eight-year-olds are old enough to understand that other people's needs are just as important as their own. Your child may enjoy volunteering his time to help others.
- Your child may try to do more than he can handle and then become upset when he fails. Be sure to praise and encourage him for his efforts.
- Your child wants to know how things work and how things are made, especially living things. Books can help answer his questions. Make use of the public or school library.
- Your child still has a short attention span and may lose interest in a program or activity quickly. Be patient and help him think of fun things to do.

## PARENTING

- Sometimes children do not behave well because they are bored. Look for things to do at your local library or recreation center to keep your child's mind and body active. Check your local newspaper for family activities in your area. Keep crayons, paper, scissors and glue on hand for art projects. Go to the park for a nature walk.
- As your child becomes involved in school, he wants you to be involved as well. Go to PTA meetings when you can. Plan parent-teacher conferences to talk about your child's progress.
- This may be the first year your child has homework. Let him do it himself, but help him when he has questions. Remind him to complete his homework before watching television or playing outdoors. This way, you will help him form good study habits.
- Your child may stretch the truth or exaggerate his stories. Try to find out what the facts are.

## NEXT VISIT

Until your next appointment, you may call your child's healthcare provider if you have any questions about keeping your child safe and healthy. If your child's healthcare provider is unavailable, call the Children's Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children's Web site at [www.choa.org](http://www.choa.org) for more information.

## SPECIAL INSTRUCTIONS

*NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child's healthcare provider.*