



WELL CHILD CARE

Eight to nine year check-up

Eating:

You can help keep your child healthy by including a fresh fruit or vegetable with every meal. A balance of meat, dairy products, breads, fruits and vegetables is important. It's not too early to control the amount of fat he eats.

Kids need snacks, but be sure they are healthy snacks-without too much fat, sugar and salt. Fruits, carrots, celery and grain products such as rice cakes or dry cereal are good snacks.

Teeth:

Be sure to remind him to brush and floss twice a day. Visit the dentist twice a year.

Exercise:

Children need exercise to stay healthy. Watching TV and playing video games are fun, but are not exercise. If necessary, limit the amount of time your family spends playing video games, watching TV or working on the computer. (Less than 2 hours per day).

Encourage your child to get involved in activities such as skating, bicycle riding, swimming or other sports.

Exercise together as a family. Playing and exercising together will help keep your children active as adult.

Thinking:

School progress is very important at his age. Show your child that you care by taking an interest in what he is doing at school. If he is having problems with school, talk with him and his teacher.

Your child may begin having homework on a regular basis. This is a good time for you to help establish a routine for doing homework. Have a quiet area with good lighting. Be sure that the work gets done by checking with your child to see if he needs help. Encourage him to read for fun. This helps with all areas of learning.

Talking:

Teach responsibility by setting rules which are fair. Talk to your child about his thoughts and feelings. Help him feel good about himself by noticing and praising the good things that he does.

You are the person your child will most often imitate. Accept that responsibility and be a great role model. Help him find out what he likes to do. Allow him to join a club like Boy Scouts, or Girl Scouts, play sports, learn to play an instrument, or learn how to act, dance or paint.

Playing:

Friends are an important part of life. Get to know your child's friends. If you see that his friends could take him in the wrong direction, talk with him. Explain why you want to discourage those friendships.



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Family:

School-aged children generally get along well with their parents. Your child likes to be with you whether you are working or playing. Include him in your activities, like shopping, cooking, exercising or going to sporting events. Keep family traditions and routines. Have at least one family meal together each day. It gives you a chance to talk and catch up on what each family member is doing. This is an important time for your child to learn about the most important people in his life. All family members need to contribute to the household. Have your school aged child participate in household chores. These can include making his own bed, taking out the trash, sorting laundry, and picking up his own things.

Turn off the T.V.

Safety:

Protect your child. Bicycle riders should know traffic safety and should always wear helmet. If your child likes to skate, skateboard or rollerblade, he also should wear protective gear, like elbow and knee pads, wrist guards, and a helmet.

REMEMBER: Teach Sports Safety

Sports are a great way for kids to stay active and healthy. However, it's important for parents to help them participate safely and have fun.

Here are few tips to remember for sports safety:

- Always be sure your child is ready and wants to participate in a sport.
- Be sure to have all the right equipment, including properly fitting shoes and protective gear, such as helmets and mouth protectors.
- Talk with the coach and be involved with your child's activity.
- Make sure he gets plenty of rest, and eats and drinks well to be prepared to play.
- Have fun!! Be proud and let your child participate in sports at his own level of enjoyment.