



(rev.3-2024)

## 8 Year Check-Up

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_

### **IMMUNIZATIONS/TESTING**

There are no scheduled immunizations. Any missed or delayed vaccines may be caught up at this time. Your child's vision will be checked today unless your child routinely sees an eye doctor. We will also check your child's hearing if you have concerns. Please notify your doctor if there is a family history of cardiovascular disease such as heart attack or stroke before the age of 55 in men or 65 in women or if there is a family history of any cholesterol or lipid problems. A blood test to check your child's cholesterol level may be indicated.

If it is flu season, the Influenza vaccine will be offered. Covid vaccine will be offered at this appointment if medically indicated. Remember, good handwashing is the best defense against all illness any time of year.

### **DEVELOPMENT**

- Better hand-eye coordination
- Improved drawing and writing
- Can be overly concerned with height and weight
- Has a lot of energy
- More aware of other people's feelings
- Embarrasses easily
- Easily frustrated
- Can be bossy, may argue
- Wants to find friends with similar likes, may make "clubs" with other kids
- Good time for belonging to groups like Girl Scouts or Boy Scouts
- Likes secrets
- May dislike the opposite sex
- Feels good when a task is completed
- May not want adult guidance

Encourage family activities such as walks, biking (with helmets), or any regular physical activity. Encourage at least 1 hour a day of physical activity. Assign age appropriate household responsibilities (jobs) which may increase as your child gets older.

The AAP recommends trying to focus on the productive/educational use of media rather than for entertainment. Establish limits for using media including the different types of media and be consistent. Make sure that media/screen time does not take the place of sleep, playing/physical activity, or other behaviors essential to health. Establish media free zones such as meal time and media free locations in the home such as the bedroom. Children should not sleep with devices in their bedroom including TVs, computers, and smart phones.” Always monitor what your child is viewing.

Continue to teach your child about personal care and hygiene, which includes washing his/her hands after toileting, after using a tissue to wipe his/her nose, and before eating. Remember to set the example by washing your own hands.

### **DISCIPLINE**

Discipline is very important. Expect your child to follow family rules, such as bedtime, media/screen time, and chores. Teach your child to respect authority. Set limits and BE CONSISTENT. Use time out (1 minute per year of age) and establish consequences for unacceptable behavior. It is very important to follow through with the established consequence when rules are broken. Your discipline will be more effective if your child knows you mean what you say. Praise your child for cooperation and accomplishments.

### **NUTRITION**

Continue 1%, or skim milk (about 16 to 24 ounces a day) and eat low fat dairy products. Food should be prepared in little or no fat. Share family meals together regularly and encourage conversation. Model and encourage healthy eating habits.

Continue healthy eating habits:

- 3 meals with 1 scheduled healthy snack per day. Limit or avoid high fat or low nutrient foods and beverages, such as candy, chips, and soft drinks.
- Teach appropriate food choices, including 5 servings of fruits and vegetables per day
- Try to avoid allowing your child to snack/"graze" between regularly scheduled healthy snacks and meals.
- Do not let meals become part of a power struggle.
- Do not offer junk food.
- Allow your child to only eat in a chair in a designated area. No eating in front of the TV, while playing, etc.
- Give water between meals and snacks if your child seems thirsty. Juice (maximum 8 oz. per day) may be part of a meal or snack.
- Remember that children eat what they see their family eating, so encourage healthy eating habits for the entire family.

### **DENTAL CARE**

Schedule a routine dental appointment every 6 months or as recommended by the dentist. Brush your child's teeth twice a day and floss daily once teeth are close together or touching. Use a

soft brush and a pea-sized amount of fluoridated toothpaste. Have your child spit out the excess toothpaste after brushing. If you have well water, your child may need fluoride supplements.

## **SLEEP**

Be sure your child gets enough sleep. Children 6-12 years old should sleep 9-12 hours/day. The suggested bedtime for children 6-10 years old is 8-9 p.m., but this may vary depending upon family schedules.

## **SAFETY**

- Your child should remain in a forward-facing car seat with a harness as long as your child meets the height and weight requirements allowed by the manufacturer. If your child has outgrown the height and weight requirements for the forward-facing car seat, a belt positioning high back booster or backless booster seat is to be used until your child is at least 8 years old and fits properly in your vehicle's seat belt. Proper fit means that your child is able to sit with his/her back against the seat with knees bent over the edge of the seat without slouching, the lap belt fits over the upper thighs, not the belly, and the shoulder belt lies across the middle of the chest and shoulder, not the throat or neck. Never place your child in the front seat of a vehicle with an airbag. The back seat of a vehicle is the safest place for children of all ages. Additional information can be found on the US Department of Transportation website. [www.seatcheck.org](http://www.seatcheck.org) or at [healthychildren.org](http://healthychildren.org) under car seat information for families.
- Establish and enforce firm, clear, and consistent rules for safe behavior, including not talking to strangers. Teach pedestrian and neighborhood safety rules. Emphasize playground safety. Supervise your child's activities with peers.
- Teach safety rules for getting to and from school. Be sure your child is supervised before and after school in a safe environment.
- Teach emergency phone numbers and home safety rules, including fire safety, and how to call 911 for help.
- Be sure your child wears a helmet when riding a bicycle, skating, etc. Teach safety rules and correct hand signals for traffic safety.
- Teach your child the importance of sports safety, including the need to wear protective gear.
- Children need constant adult supervision, especially around water. Be sure that swimming pools have a four-sided fence with a self-closing self-latching gate. Make sure your child learns how to swim and reinforce water safety rules.
- Limit time in the sun. Use sunscreen of SPF 15 or higher and use hats to shade ears, nose, and lips. Please visit the website [healthychildren.org](http://healthychildren.org) for more comprehensive sun safety recommendations.
- Test smoke alarms; change the batteries yearly. Conduct fire drills at home.
- Keep all firearms unloaded and locked away. Store ammunition separately. Trigger locks are important. Keep cigarettes, lighters, matches, smokeless tobacco, liquid nicotine, and alcohol out of sight and reach. Lock up electrical tools.
- Keep the environment smoke free.

Keep poisonous substances, medications, cleaning agents, health and beauty aids, paints and paint solvents locked in a safe place out of sight and out of reach. If there is an accidental ingestion, call **Poison Control** at **828-9123** or **1-800-222-1222** immediately. Keep the number for Poison Control by your telephone.

### **CONTACT OUR OFFICE**

If non-urgent questions or concerns about your child develop before your next appointment, please feel free to call our office during regular business hours. Our medical advice nurses will be glad to answer your questions. They may recommend that you make an appointment to have your child seen by a doctor or nurse practitioner.

In the case of a true emergency, such as difficulty breathing/respiratory distress, loss of consciousness, seizure, profuse bleeding, or any potentially life-threatening situation, **call 911 or go to the nearest emergency room**. Due to their pediatric ER staff, our providers prefer Chippenham, St Mary's, or VCU Medical Center when you have a choice in where to take your child.

Please call **Poison Control** at **828-9123** locally or **800-222-1222** immediately in the event of any ingestion or suspected ingestion of chemicals, medications not prescribed for your child, accidental overdose, or any other substance of concern.

One of our doctors is always on call after hours for urgent or emergency care concerns. To reach our on-call service, please dial the office phone number and follow the prompts. You will be directed to our nurse on call service and may have to leave a message. You will receive a call back as soon as possible from one of our nurses or providers on call. We ask that you limit after-hours calls to urgent concerns only. Persistent problems such as ongoing illnesses (including colds), constipation, or behavior problems without sudden changes are best addressed during regular office hours when our providers are able to access your child's medical record. Please do not call after hours or on holidays to request antibiotics, including eye drops. In most cases your child will need to be seen to ensure proper diagnosis. If you feel that your child needs to be seen after hours, please take him or her to the nearest urgent care center or ER.

The next check-up is at **9 years** of age. Please call our office to schedule that appointment. Our centralized scheduling department can be reached at 804-320-1353. Please note that our office requires 24-hour notice to cancel an appointment. Thank you.