

Welcome to Washington Pediatric Associates, PC

www.washingtonpediatric.com

EIGHT/NINE YEARS

Date of Visit: _____

Weight: _____

Height: _____

NORMAL DEVELOPMENT: Your child may have the following characteristics:

PHYSICAL:

- Continues to be accident-prone, especially on the playground.
- Has more control over small muscles, and therefore writes and draws with more skill.
- Displays a casual attitude toward clothing and appearance.
- May appear slightly awkward.
- Seems to possess boundless energy.

EMOTIONAL:

- Begins to realize that others experience similar feelings of anger, fear, and sadness.
- Is easily embarrassed.
- Becomes discouraged easily.

SOCIAL:

- Can be argumentative and bossy.
- Can also be quite lovable and responsive.
- Shows increasing ability to understand the needs and opinions of others.
- Is preoccupied with finding compatible friends.
- Especially likes to belong to informal “clubs” formed by children themselves.
- Also likes to belong to more structured adult-led groups, such as Scouts.
- Begins to display a sense of loyalty.
- Enjoys secrets.
- Shows some hostility toward the opposite sex.
- No longer wants to assist in household chores.

MENTAL:

- Is often idealistic.
- Is keenly interested in projects and collections.
- Is proud of completing tasks.
- Resists adult guidance at times.

DIET:

- Offer your child three regular meals per day plus nutritious snacks.
- Make mealtimes pleasant and companionable. Encourage conversation.

ORAL HYGIENE:

- Make sure your child brushes his/her teeth twice daily with a pea-sized amount of fluoridated toothpaste and flosses. Schedule a dental appointment for your child every six months.

SAFETY:

- Make sure your child is properly restrained in the car. He/she may be tall enough to use the lap/shoulder belts provided in the car without a booster seat. The lap belt should fit snugly at the hip, and the shoulder belt should not cross the neck.
- Install smoke alarms on every floor and change batteries twice a year.
- Make sure your child wears a helmet every time he/she rides a bike. No bicycle riding after dark.
- Show your child how to respond to clothes catching on fire: “Stop-Drop-Roll.”
- Teach your child how to swim. Supervise all swimming and water play. Insist on life jacket use when in a boat or near the water.
- Unfortunately, we are seeing more and more children accidentally shot in homes where guns are kept. All guns should be unloaded and put in a locked cabinet. Better yet, keep no guns in the house!
- Emphasize street safety. Your child should not cross the streets alone until about 9 years of age, and then only familiar, low trafficked neighborhood streets. The age at which he/she can begin crossing streets alone depends on his/her maturity and the nature of the street. Street crossing is tricky for kids and is the cause of many injuries and deaths from 7-13 years of age!
- Do not allow your child to operate power lawn mowers or motorized farm equipment.
- Teach safety rules for interacting with strangers.
- Your child may need protective sports gear—Ask the coach.

PARENTING:

- Even though your child may read well, continue to read to your child every night.
- Limit the amount and monitor the quality of television.
- Provide a quiet, well-lit place for homework. Be available for supervision.
- Show an interest in your child’s school activities and homework. Students whose parents are “involved” do better in school and have fewer discipline problems.
- You may want to start involving your child in an outside group activity like a soccer team, dance class, Girl Scouts, church group, etc.
- Get to know your child’s friends and their parents.
- Provide supervision for your child after school. This is the best protection against future problems.
- Spend some individual time with each child.
- Continue to set limits and establish consequences for unacceptable behavior.
- Continue to help your child learn how to get along with peers.