

## HEALTH SUPERVISION VISITS

### SEVEN AND EIGHT YEAR VISIT

#### BEHAVIOR

- Show interest in school and activities; if concerns, ask teacher about evaluation for special help/tutoring; help with bullying
- Encourage competence/independence
- Show affection, praise child. Be positive role model; do not hit or let others hit
- Discuss rules, consequences
- Encourage nutritious food choices
- Limit candy/soda/high-fat snacks
- Eat meals as a family
- Be physically active 60 minutes a day
- Limit screen time to 2 hours a day; no TV/computer in bedroom
- Dentist twice a year

#### SAFETY

- Know child's friends; teach home safety rules for fire/emergencies; teach rules for how to be safe with adults
- Use belt positioning booster seat in back seat until the lap/shoulder belt fits
- Ensure child uses safety equipment (helmet/pads)
- Keep home/vehicle smoke free
- Remove guns from home; if gun necessary, store unloaded and locked with ammunition locked separately
- Monitor computer use; install safety filter