

Caring for your child: 8 years

Feeding your child

- Make mealtime family time – a chance for family members to catch up with each other. Have a pleasant conversation with TV off.
- Offer child-size portions of a variety of healthy foods and let your child decide how much to eat.
- Remember that a child's portion size is equal to the amount that will fit into the palm of their hand.
- Serve a balanced breakfast every day or make sure your child's school provides one.
- Serve 5 servings of fruits and vegetables every day.
- Talk to the doctor about whether your child needs vitamins or other supplements.
- Avoid juice drinks, soda, chips, and fast foods.
- Remember that you decide what kinds of food come into your home.
- Let your child help plan and prepare meals.

Practicing healthy habits

- Don't allow smoking in your home or car. Smoking around children increases their risk of ear infections, asthma, and pneumonia.
- Encourage 60 minutes or more of physical activity each day for everyone in the family.
- Protect your child from sun exposure with protective clothing, a hat, and sunglasses. Use sun block (SPF 15 or higher) on your child before they go into the sun. Repeat every 2 hours. Buy new sunscreen once a year. It loses its effectiveness after 12 months.
- Have your child brush and floss their teeth every day.
- Schedule a dentist appointment every 6 months.
- Teach your child to wash their hands after using the bathroom and before eating.
- Limit TV, computer use, and video games to one hour a day. Avoid programs and games with violence or sex.

Keeping your child safe

- Teach your child to be safe around streets, especially when crossing.
- Make sure your child wears a helmet when riding a bike or scooter, skateboarding, and skating.

guards, kneepads, and gloves for skateboarding and inline skating.

- Watch your child at all times near any kind of water. Knowing how to swim doesn't make your child "drown-proof." Make sure your child is wearing a life vest when on a boat and that it fits properly.
- If your child is in a home that has a gun, make sure that it's unloaded and locked up.
- Have your child ride in the back seat of the car for every ride. It's the safest place for children. If your vehicle doesn't have a back seat, make sure to turn off the passenger side front airbag. Front seat airbags have been involved in the deaths of some children and small adults. For information on choosing the safest seat for your child, call toll-free **1-800-282-5587** or visit **www.800BUCKLUP.org**.
- Install and check smoke detectors and carbon monoxide detectors. Change the batteries every 6 months when you set your clocks ahead and back.
- Have a fire and earthquake escape plan.

Other parenting tips

- Show affection to your child every day.
- Get to know your child's friends and their families.
- Show interest in your child's activities.
- Teach your child their home address, telephone number, and how to call 911 in an emergency.
- Teach your child not to let anyone touch their private parts, and to tell you right away if that happens.
- Help your child develop a sense of responsibility. Give them simple daily chores around the house.
- Make sure you and your partner agree on when and how to discipline and apply rules consistently. Don't yell or spank. Instead, take away privileges or use natural consequences (example: broken toys do not get replaced).
- Recognize good behavior.

Continued next page

Adjusting to school

Help your child unwind after school:

- Set aside some time to talk about school every day.
- Encourage after-school activities. Balance relaxing activities with more structured ones.

Help your child get organized:

- Provide a quiet study space away from TV.
- Help your child get clothing and homework ready each night before school instead of in the morning.

Establish a regular homework routine:

- Set a fixed time each afternoon or evening for homework.
- Be available to answer questions and give your child encouragement every day.

Make learning important and fun:

- Ask questions, exchange ideas, solve problems together, but do not do their homework yourself.
- Use real life examples to explain homework assignments.
- Make lots of books and games available.
- Be involved in your child's school.

If your child is being bullied:

- Listen to your child's concerns. Praise them for facing up to their fears.
- Teach your child not to react to bullies. Coach them to stay calm and walk away.
- Report concerns to school officials immediately.

If your child is a bully:

- Take the problem seriously.
- Tell your child you won't tolerate behavior that hurts other people.
- Establish consequences for bullying and take away privileges after bullying incidents.
- Discuss with your child what it feels like to be bullied.
- Give praise or rewards when your child corrects their behavior.

WEBSITES

- Kaiser Permanente: kp.org/wa
- American Academy of Pediatrics: aap.org
- Bright Futures: brightfutures.org
- Talking with Kids about Tough Issues: talkingwithkids.org
- Striving to Reduce Youth Violence Everywhere: safeyouth.gov

SUGGESTED READING

- *Your Child's Health*, Schmitt
- *Caring for Your School Age Child*, Schor
- *Kid Cooperation: How to Stop Yelling, Nagging, and Pleading, and Get Kids to Cooperate*, Pantley, et al.
- *Facing the Schoolyard Bully: How to Raise an Assertive Child in an Aggressive World*, Zarzour
- *The Care & Keeping of You: The Body Book for Girls*, Schaefer & Bendell

Feeding children 5 to 10 years old

Food Group	Number of Servings	Examples
Fats and oils	As little as possible	Oil, butter, mayonnaise, gravy, fatty meat (bacon, sausages, ribs, pastrami, salami), salad dressing
Lean meat, fish, and dairy	Nonfat and low-fat dairy: 2-3 cups per day Lean meat and fish: 5 ounces per day	Nonfat and low-fat milk, yogurt, cheese, and soy products, beans, skinless chicken or turkey, lean meat, and fish - baked, grilled, or broiled, not fried
Fruits and vegetables	Fruits: 2-4 per day (1½ cups) Vegetables: 3-5 per day (2½ cups)	Apples, bananas, pears, melon, strawberries, grapes, cherries, oranges, tangerines, carrots, celery, broccoli, green beans, peas, lettuce, tomatoes
Bread, cereal, rice, and pasta	6-11 per day (6 ounces - 1 ounce is about 1 slice of bread, 1 cup dry cereal or ½ cup rice, pasta, or cereal)	Whole grain bread, cereal (vitamin fortified), rice, crackers, tortillas, pretzels, pasta, granola bars

Visit the USDA's interactive website designed especially for children: <http://www.choosemyplate.gov/>.

Next well-child visit at 10 years old

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