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Wt. _____ % Ht. _____ % BMI _____ B/P _____ P _____

EIGHT AND NINE YEAR VISIT

HEALTHY HABITS

- Supervise activities with friends
- Ensure adequate sleep
- Encourage physical activity, personal hygiene
- Limit TV & video games
- Counsel about avoiding drugs, alcohol, tobacco

INJURY PREVENTION

- Use seatbelt in back and bike helmet
- Reinforce water, bike, neighborhood & sports safety
- Use sunscreen
- Maintain smoke-free environment
- Test smoke detectors
- Keep matches, poisons, guns locked up
- Provide safe after-school environment, rules for being at home alone, stranger safety

NUTRITION

- Eat some meals as family
- Teach about healthy choice meals and snacks

ORAL HEALTH

- Brush teeth
- Ask about fluoride
- Make appointment with dentist
- Learn dental emergency care
- Discuss dental sealants

SOCIAL COMPETENCE

- Praise, encourage talking & expression of feelings
- Encourage reading & hobbies
- Give individual attention, create opportunities for family activities

- Reinforce limits & provide consequences
- Encourage positive interactions with teacher & other adults
- Assign chores & provide personal space
- Teach family rules & how to resolve conflicts & handle anger

FAMILY RELATIONSHIPS

- Serve as role model for ethical behavior & healthy habits
- Listen, show respect & interest in activities
- Show affection
- Set reasonable but challenging expectations
- Encourage good sibling relationships
- Know your child's friends and their families

COMMUNITY INTERACTION

- Ask for referrals for assistance
- Discuss community & school programs: soccer, swimming, activities
- Ensure after-school child care
- Advocate for health education in schools

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

Td MMR Polio Hep A Hep B

NEXT WELL CHILD VISIT: One Year