

EIGHT / NINE YEARS

HEALTHY HABITS:

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

INJURY PREVENTION:

Use seat belt in the front and back and bike helmet; Supervise your child close to water; Teach your children how to swim; Keep your children off the street while playing; Teach your children sports safety; Use sun-screen; Maintain smoke free environment; Test smoke detectors; Keep matches, poisons, & guns locked up; Provide safe after-school environment; Put rules for being at home alone; Teach your children to stay away from strangers.

NUTRITION:

Eat some meals as family; Use healthy choices for meals and snacks and avoid high fat and high sugar foods;

ORAL HEALTH:

Brush teeth; If you don't drink city water you may need fluoride; See a dentist at least once a year; Learn dental emergency care.

SEXUALITY EDUCATION:

Answer questions your child have about sex; Read age appropriate books together; Discuss school's family life education.

SOCIAL COMPETENCE:

Praise, encourage talking and expression of feelings; Encourage reading and hobbies; Give individual attention; Create opportunities for family activities; Reinforce limits and provide consequences; Encourage positive interactions with teacher and other adults; Assign chores and provide personal space; Teach family rules and how to resolve conflicts and handle anger.

FAMILY RELATIONSHIPS:

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

COMMUNITY INTERACTION:

Discuss community and school programs, soccer, swimming, and other activities; Ensure after school child care; Advocate for health education in schools.