

8-9 Years

Anticipatory Guidance

Safety

- ◆ Once your child is able to sit on the seat with the lap belt on his lap and shoulder strap across the shoulder and not on the neck or face, you can stop using the booster seat (usually around 80 lbs and 4 feet 9 inches). Children should still remain in the backseat when an airbag is present.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Always maintain a smoke-free environment around your children.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ When your child will be outside, sunscreen should be used and should be SPF 30 or higher.
- ◆ Any weapons need to be unloaded and locked where children cannot access them.
- ◆ Never leave windows open without a window guard.
- ◆ If you have a pool, make sure you have a pool fence on all four sides with a self-locking latch that is out-of-reach to the child.
- ◆ If your child has not already learned to swim, now would be a good time to invest in lessons, especially if you have a pool. Remember, your child is still not safe alone in the water at this age.
- ◆ Continue talking to your children about strangers. Children at this age are likely to help an adult find a lost puppy or 'show them directions' if you do not stress the importance of not talking to strangers. It becomes more important at this age as children begin walking to their friends house down the street.
- ◆ Make sure your child has a safe place to go after school if he is not coming home.
- ◆ Talk about which neighbors' houses your child can go to for help.
- ◆ If your child is riding a bike, always make sure he is wearing a safety helmet.
- ◆ At this age, your child may become more independent on his bike. Use your judgement to decide if your child is ready to ride on a residential (low traffic) street. Remember that your child is not old enough to ride after dusk. Make sure he brings the bike in before the sun goes down.
- ◆ Teach your child to never walk into the street. Explain about looking both ways before crossing, and about the importance of holding an adult's hand.
- ◆ Talk to your child about weapons, poisons, and fire safety.
- ◆ Your child should know how to dial 911.
- ◆ If your child participates in sports, make sure he has the correct protective equipment to prevent unnecessary injury.

My Child's Growth

Height: _____ %

Weight: _____ %

BMI: _____ %



Anticipatory Guidance

Your Child's Care

- ◆ Continue reading stories. Your child should be reading well.
- ◆ Your child should continue to have 2-3 servings of dairy per day.
- ◆ Your child should be brushing his own teeth twice daily.
- ◆ Eating meals as a family is important. This is a good time to talk with your child about his day.
- ◆ Remember to choose healthy meals and snacks for your child.

© 2004



(813) 657-PEDS

<http://www.premiercarepeds.com>

8-9 Years

Anticipatory Guidance

Your Child's Care

- ◆ Withholding privileges for bad behavior works well for discipline.
- ◆ Continue to set and enforce rules with your child.
- ◆ Be assertive with limits, or your child will continue to see what he can get away with.
- ◆ By this age, your child should not be having accidents any longer during the night. If he is, please let your physician know.
- ◆ Continue to teach your child about sharing.
- ◆ Continue with yearly or twice yearly visits to the dentist.
- ◆ Your child should have scheduled chores that he takes care of each day. This encourages independence.
- ◆ Limit TV to two hours a day. Children need to be actively playing, not sitting on the couch.
- ◆ Some parents may decide to start talking to their children about the physical changes of puberty at this age. Remember that children can begin undergoing physical changes as early as 9-10 years of age.

© 2004



(813) 657-PEDS

<http://www.premiercarepeds.com>
