

Your 7 Year Old



Emotional Development

- Becomes better at expressing negative feelings through language
- May blame another for own mistake
- Tends to be quite critical

Physical Development

- Still has better large muscle than small muscle coordination
- Rides a bicycle
- Begins to alternate rigorous and restful activities independently
- Has more refined hand-eye coordination
- May ask questions about life, death, and the human body
- Still preoccupied with the subject of teeth

Social development

- Plays with boys and girls together
- Usually has a best friend of the same sex
- Shows growing concern about popularity among peers
- Seeks approval of peers as well as adults
- Tattles on other children perceived to be misbehaving

Mental Development

- Experiences rapid language development
- Wants to be "first", "best", "correct" in everything
- Is greatly concerned with right and wrong
- Begins to use logical reasoning to solve problems
- Continues to enjoy dramatic play



Some Helpful and Trusted Websites:

- Healthychildren.org (American Academy of Pediatrics)
- Genesispediatrics.com for our Genesis Advice Packet
- Rochester.kidsoutandabout.com

Next Visit:
See you in 1 year
for the 8 year visit

Staying Healthy

- Eat together often as a family
- Start every day with breakfast
- 3 servings per day of calcium. 1% or skim milk
- Limit candy, soda pop, and high fat foods
- Offer 5 servings of fruits and veggies daily
- Limit TV time to 2 hours or less per day
- Avoid having a TV in your child's bedroom
- 1 hour of active play per day

Healthy Teeth

- Help your child brush their teeth twice daily
- Use a pea sized amount of fluoride toothpaste
- Help your child floss her teeth daily
- Dental check up twice per year
- Wear a mouth guard while playing sports



School

- Attend back-to-school night, parent teacher events, and as many other school events as possible
- Talk with your child and child's teacher about bullies
- Talk to your child's teacher if you think your child might need extra help or tutoring
- Your child's teacher can help with evaluations for special help, if your child's not doing well

Safety

- Your child should always ride in the back seat and use a car seat or booster seat.
- Teach your child to swim. Watch your child when they are around water and teach children not to swim unless there is a trusted adult present
- Use sunscreen when outside
- Wear a helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding
- Keep your house and cars smoke free
- Avoid having a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately. Ask if there are guns in homes where your child plays. If so, make sure that they are stored safely
- Watch your child's computer use.
- Know who they talk to online and install a safety filter
- Know your child's friends and their families
- Teach your child plans for emergencies
- Teach your child how and when to call 911
- Teach your child how to be safe with other adults: No one should ask for a secret to be kept from parents. No one should ask to see private parts. No adult or child should ask for help with their private parts.

Your Growing Child

- Give your child jobs to do around the house and expect them to be done
- Hug, praise and take pride in your child for good behavior and doing well in school
- Be a good role model
- Don't hit or allow others to hit
- Teach your child to help others
- Discuss rules and consequences with your child
- Be aware of puberty and body changes in your child
- Answer your child's questions simply
- Talk about what worries your child



Welcome to the New York State Smokers' Quitline

*"I actually set the date and got the patch.
It was like taking that next step not just talking about it."*



The Quitline is a free and confidential program providing evidence-based stop smoking services to New York State residents who want to stop smoking or using other forms of tobacco.

The Quitline is located at Roswell Park Cancer Institute and is supported through the New York State Department of Health.

Quitline Services

Cessation Coaching

- Cessation coaching calls
- Pre-recorded information and tips
- Motivational messages
- Online information
- Online Chats



Free (NRT) Nicotine Replacement Therapy

- Free NRT starter kits
- Online NRT ordering



Enhanced Services

- Additional coaching calls and NRT for uninsured and Medicaid clients

Easy Referral Programs

- Fax-to-Quit referrals
- Online referral and referrals for free NRT
- Direct referrals



Bilingual Services

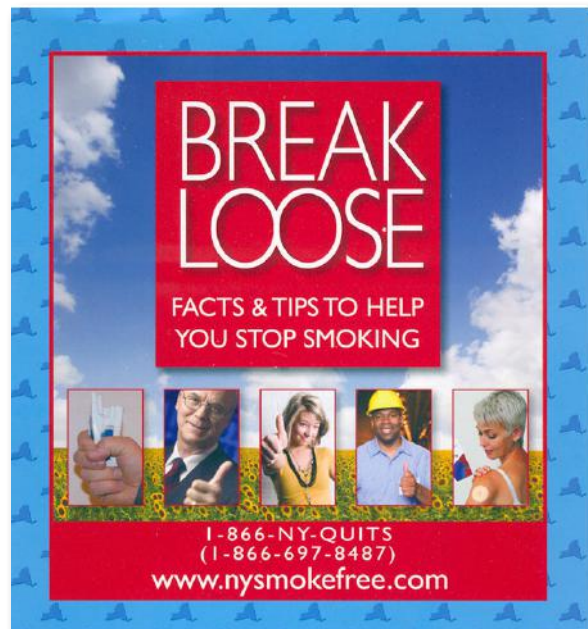
The Quitline provides services for English, Spanish speaking clients, and in other languages upon request.

Tobacco Related Services

The Quitline also provides tobacco-related services to a variety of other callers, including friends and family of smokers, health educators, businesses, parents and students looking for information.

Visit us on the web

www.nysmokefree.com provides information and tools to help NY State residents quit smoking.



Live Coaching Support: Monday -Wednesday 9am - 12am, Thursday - Friday 9am - 9pm

Saturday & Sunday 9am - 1pm

Taped Message Library and Tip of the Day - 24 hours / 7 days

1-866-NY-QUITS (1-866-697-8487) • www.nysmokefree.com