

Your 8 year old



Physical Development

- Continues to be accident prone
- Has more control over small muscles and, therefore, writes and draws with more skill
- Displays a casual attitude toward clothing and appearance
- Seems to be all hands and arms
- May agonize over height and weight
- Seems to possess boundless energy



Mental Development

- Is often idealistic
- Is keenly interested in projects and collections
- Is proud of completing tasks
- Resists adult guidance at times.

Social Development

- Can be argumentative and bossy
- Can also be quite lovable and responsive
- Shows increasing ability to understand the needs and opinions of others
- Is preoccupied with finding compatible friends
- Likes to belong to more structured adult-led groups such as scouts
- Begins to display a sense of loyalty
- Enjoys secrets
- No longer wants to assist in jobs at home

Emotional Development

- Begins to realize others experience similar feelings of anger, fear, and sadness
- Is easily embarrassed
- Becomes discouraged easily

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 9 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 every day
- Limit TV time to 2 hours or less per day
- No TV in your child's bedroom
- 1 hour of active play per day

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

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

Healthy Teeth

- Help your child brush their teeth 2x daily
- Use a pea sized amount of fluoride toothpaste
- Help your child floss her teeth 1x daily
- Dental check up twice per year
- Wear a mouth guard while playing sports

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 and 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.

