Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

8 Year Old Well Visit

(Growth & Development Milestones	Personal Health & Wellness
	Accident prone, especially on the playground	 Include your child in meal planning and
\checkmark	Has more control over small muscles. Writes and	preparation
	draws with more skill	 Use meal times to discuss your child's day
\checkmark	Seems gangly & tend to worry about their growth	✓ Be aware of progress and concerns at school
\checkmark	Seems to have boundless energy	✓ Offer wide variety of foods
\checkmark	Is easily embarrassed, gets discouraged easily	✓ Encourage 2-3 servings of dairy daily for bone
\checkmark	Seeks out opinions of others	growth
\checkmark	May question duties or household chores	✓ Avoid juices or limit to 4 ounces per day
\checkmark	Capable of being accountable for actions and	 Limit junk foods and soda pop
	needs to learn to apologize	✓ Encourage at least 1 hour of physical activity daily
\checkmark	Enjoys clubs and adult-led groups such as Scouts	✓ Limit screen time to less than 2 hours per day and
\checkmark	Make sure they know address and phone number	carefully monitor programming and websites
	and parents places of work!	 Brush twice a day and floss daily
	Fire Safety & Burns – Water Safety	Home & Personal Safety
	Test smoke detectors 2x/year	✓ Be aware of the dangers of outdoor trampolines
\checkmark	Install CO alarm near sleeping areas	✓ Insect repellent (<10% DEET) may be applied once
\checkmark	Keep matches and lighters out of reach	daily; wash off before bedtime
\checkmark	Have fire escape plan and PRACTICE!	✓ Children require a tobacco free environment at all
\checkmark	Water heater should be set at 120 degrees or less	times
\checkmark	Watch for burn risks: stoves, space heaters, irons,	✓ Don't forget sunscreen!
	fireplace	✓ Booster until 49 inches & wear helmets while
\checkmark	Always supervise around open water	riding bicycles, scooters, skateboards or roller
\checkmark	Teach your child water safety and consider	blades
	enrolling in swimming lessons	✓ Teach to cross the street safely on foot or bike
		✓ Reinforce stranger safety!
For more information on normal growth and		Helpful resources:
development:		
uevei	lopment:	Symptom Checker, Immunization Schedule, Medication
	-	Dosing and Nutrition
http://	www.bloomfieldpediatriccare.com/normal-	Dosing and Nutrition http://www.bloomfieldpediatriccare.com/pediatric-health-
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http:// develo Office Monda	www.bloomfieldpediatriccare.com/normal- pment/normal-development-8-years-old/ Hours: ay – Friday 9:00 am to 5:00 pm	Dosing and Nutrition http://www.bloomfieldpediatriccare.com/pediatric-health- topics/ Poison Control (800) 222-1222 Child Safety Seat Inspection:
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