

Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

7 Year Old Well Visit

<p>Growth & Development Milestones</p> <ul style="list-style-type: none">✓ Has better large muscle than small muscle coordination, rides a bicycle✓ Starts to alternate rigorous and restful activities independently✓ Favors competitive games✓ Has better eye-hand coordination✓ May ask questions about life, death, and the human body✓ May have best friend and friends of both sexes✓ Tattling and blaming others for behaviors✓ Concerned with wrong and right, using logic✓ Make sure they know address and phone number and parents places of work!	<p>Personal Health & Wellness</p> <ul style="list-style-type: none">✓ Include your child in meal planning and preparation✓ Use meal times to discuss your child's day✓ Offer wide variety of foods✓ Encourage 2-3 servings of dairy daily for bone growth✓ Avoid juices or limit to 4 ounces per day✓ Limit junk foods and soda pop✓ Encourage at least 1 hour of physical activity daily✓ Limit screen time to less than 2 hours per day and carefully monitor programming✓ Brush twice a day and floss daily✓ Be aware of progress and concerns at school				
<p>Fire Safety & Burns – Water Safety</p> <ul style="list-style-type: none">✓ Test smoke detectors 2x/year✓ Install CO alarm near sleeping areas✓ Keep matches and lighters out of reach✓ Have fire escape plan and PRACTICE!✓ Water heater should be set at 120 degrees or less✓ Watch for burn risks: stoves, space heaters, irons, fireplace✓ Always supervise around open water✓ Teach your child water safety and consider enrolling in swimming lessons	<p>Home & Personal Safety</p> <ul style="list-style-type: none">✓ Be aware of the dangers of outdoor trampolines✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime✓ Children require a tobacco free environment at all times✓ Don't forget sunscreen!✓ Booster until 49 inches & wear helmets while riding bicycles, scooters, skateboards or roller blades✓ Teach to cross the street safely on foot or bike✓ Reinforce stranger safety!				
<p>For more information on normal growth and development:</p> <p>http://www.bloomfieldpediatriccare.com/normal-development/normal-development-7-years-old/</p>	<p>Helpful resources:</p> <p>Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition</p> <p>http://www.bloomfieldpediatriccare.com/pediatric-health-topics/</p>				
<p>Office Hours:</p> <p>Monday – Friday 9:00 am to 5:00 pm</p> <p>Saturday (Sept – May) 9:00 am to 12:00pm</p> <p>Phone Number (248) 451-0600</p> <p>Answering Service (248) 858-6888</p>	<p>Poison Control (800) 222-1222</p> <p>Child Safety Seat Inspection:</p> <p>1-866-SEATCHECK; www.seatcheck.org</p> <p>Beaumont Pediatric After Hours Clinic</p> <table><tbody><tr><td>Royal Oak</td><td>Troy</td></tr><tr><td>(248) 551-0222</td><td>(248) 964-2888</td></tr></tbody></table>	Royal Oak	Troy	(248) 551-0222	(248) 964-2888
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