



YOUR CHILD AT 8 TO 9 YEARS

Nutrition:

- Well balanced diet. If child refuses food once, offer it again later. 8 to 10 ounces of milk per day, plus cheese, or yogurt to give 3-a-day Give 5 servings per day of fruit and vegetables. Encourage water not juices. Breakfast an important meal. Avoid excessive junk food.

Safety:

- Seat belts with a booster seat.
- Bicycle safety, bicycle helmet, rules for safe cycling. Teach to swim.

Hints:

- Encourage child to engage in regular physical activity.
- Establish rules with respect to bedtime, TV, and chores.
- Spend active time with the child on a daily basis.
- Show an interest in your child's school activities.
- Provide an allowance as well as guidance in using money.
- Contribute to building child's self esteem.
- Encourage reading and hobbies.
- Promote your child's activities outside the home

Normal Development:

Physical:

- Continues to be accident prone on the playground.
- Has more control over small muscles, therefore writes and draws with more skills.
- Displays a casual attitude toward clothing and appearance.
- Seems to be all hands and arms.
- Often agonizes over weight and height.
- Seems to possess boundless energy.

Emotional:

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

Social:

- Can be argumentative and bossy.
- Can also be quite loveable and responsive.
- Shows increasing ability to understand the needs and opinions of others.
- Is preoccupied with finding compatible friends.
- Especially likes to belong to informal "clubs" formed by children themselves.
- Also likes to belong to more structured adult-led groups, such as Scouts.
- Begins to display a sense of loyalty.
- Enjoys secrets.
- Shows more hostility toward the opposite sex.
- No longer wants to assist in household chores.