



YOUR CHILD AT 7 TO 8 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 and friends
- Provide an allowance as well as guidance in using money.
- Encourage reading and hobbies.

Normal Development:

Physical:

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

Emotional:

- Becomes better at expressing negative feelings through language.
- May blame others for their own mistakes.

Social:

- 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.
- Takes it upon self to enforce rules.
- Tattles on children perceived to be misbehaving.
- Tends to be quite critical.
- Begins to look for role-models.

Mental:

- Experiences rapid language development;
- Wants to be "first", "best", "perfect", "correct", in everything.
- Is greatly concerned with right and wrong.
- Still has difficulty with the concepts of honesty and dishonesty.
- Begins to use logical reasoning to solve problems.
- Continues to enjoy dramatic play.