



## Forms:

Complete and print them for your upcoming appointment:  
[Tuberculosis Screening](#)

## Vaccines:

We recommend the following vaccines:

None

## 7 YEARS OLD

### FAQ

*Can you suggest ways to talk to my 7 year old regarding inappropriate touch and strangers?*

Here is one way to approach this conversation: “We call the parts of your body that are usually under a bathing suit “privates” because we keep them covered and because you are the only one in charge of them. It is never OK for an older child or an adult to show you his or her private parts, to ask you to show your privates, to touch you there, to scare you, or to ask you not to tell your parents about what he or she did with you. Always get away from the person as quickly as possible and tell your parent or another adult right away.”

*Do you recommend my child learn to swim?*

Teaching your child to swim is both positive from an exercise perspective as well as a safety one. Knowing how to swim does not make children “drown proof,” so even if your child knows how to swim, never let her swim alone. Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. NEVER let your child swim in any fast-moving water. Teach your child to never dive into water unless an adult has checked the depth of the water. When on any boat, be sure your child is wearing an appropriately fitting, US Coast Guard-approved life jacket. Be sure that swimming pools in your community, apartment complex, or home have a 4-sided fence with a self-closing, self-latching gate.

### Age Appropriate Information

#### Nutrition:

- Help your child learn to choose appropriate foods, including plenty of fruits and vegetables every day. Aim for at least 5 servings of fruits or vegetables every day by including them in most of your meals and snacks.
- Serve your child a balanced breakfast or make sure that the school provides one.
- Limit high-fat and low-nutrient foods and drinks, such as candy, salty snacks, fast foods, and soda.
- Make sure your child is getting enough calcium daily. Children aged 4 to 8 need about 2 cups of low-fat milk a day. Low-fat yogurt and cheese are good alternatives to milk.
- Limit juice to 4 to 6 oz per day of 100% fruit juice. Do not serve fruit drinks.
- Share family meals together as often as possible. Make mealtimes pleasant and companionable; encourage conversation and turn off the TV during mealtimes.

## Physical Activity

- Encourage your child to be physically active at least 60 minutes total every day. It doesn't have to be all at once. Find physical activities that your family enjoys. Include them in your daily lives.
- Limit the amount of time your child watches TV and plays video games or is on the computer (other than homework) to no more than 2 hours total each day. Do not let your child have a TV or computer in her room.
- Protect your child from bad head injuries or even death. Make sure your child wears a properly fitted, approved helmet every time she rides a bike. Never let your child ride in the street. Your child is too young to ride in the street safely!

Never let your child play near the street. Your child may dart out into traffic without thinking. The park or playground is the best place to play. Begin to teach your child safe street habits. Teach your child to stop at the curb, then look to the left, to the right, and back to the left again. Teach your child never to cross the street without a grown-up.