



Forms:

Complete and print them for your upcoming appointment:

[Tuberculosis Screening](#)

Vaccines:

We recommend the following vaccines:

None

Tests Recommended:

We recommend the following tests at this age:

[Hearing Screen](#)

[Vision Screen](#)

8 YEARS OLD

FAQ

How do I discuss sex with my child?

The earlier you begin the process of sex education, the better. Sex education for children does not center on the act of sex, but rather includes the broader concept of sexuality—the physical, emotional, and social aspects of being a boy or girl, man or woman in our culture, and the roles and relationships that are part of being male or female. Ideally, you have had continuing conversations about sexual issues since your youngster’s earliest years. If you wait until he or she reaches puberty or adolescence to start communicating on these important matters, parent-child dialogue will be much more difficult. You need to become comfortable with these discussions as early as possible, so that you can lay a firm educational foundation and establish a pattern of openness and easy dialogue before puberty. As a general rule, when your child asks questions, answer her with clear, short, straightforward explanations. Do not overwhelm your youngster with more information than she asked for; instead, follow up your responses with an inquiry of your own, such as “Does that answer your question?” A few days later you might ask your child: “Is there anything else you’re wondering about related to the discussion we had last week?”

Age Appropriate Information

Computers/Internet:

- Your family computer should be in a place where you can easily observe your child’s use.
- Check the Internet history regularly to be sure you approve of your child’s Internet choices.
- Just as you monitor your child’s activity in the neighborhood and community, it is important to be aware of her Internet use. A safety filter allows some parental supervision.

Physical Activity:

- By this point in development, youngsters should be able to enter basically any sport for more significant competition if they are ready from a mental and emotional standpoint. Don’t forget that physical stature is not the only ingredient necessary for successful overall participation. Their bodies may be ready for harder training and competition, but emotionally they need to know already that they are valued as your children, regardless of whether they are national, local, or backyard superstars.

Reassure children that sports such as cycling (always with a helmet), swimming, basketball, jogging, walking briskly, cross country skiing, dancing, aerobics, and soccer, played regularly, are not only fun but can promote health. Some sports, like baseball, that require only sporadic activity are beneficial in a number of ways, but they do not promote fitness.