



Anticipatory Guidance - 7 Year Checkup

Family

- Establish consistent family routine
- Advocate with teacher for child with school difficulties/bullying
- Computer use/safety

Development and Behavior

- Continue daily chores to develop sense of accomplishment and increase self-confidence
- Encourage constructive conflict resolution, demonstrate at home
- Establish consistent limits/rules and consistent consequences
- Limit TV/computer time to 2 hours/day
- Show affection/praise for good behaviors
- Discuss school activities and school work

Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/sodas/high-fat foods
- Healthy weight
- Importance of breakfast
- 5 servings fruit/vegetables daily
- Limit juice/ensure adequate calcium intake

Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Establish consistent bedtime routine
- Encourage outdoor play for 1 hour/day

Safety

- During sports wear protective gear at all times
- Continued use of booster seat in back seat of car until 4ft 9in or 8 years old
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Get to know child's friends and their parents
- Lock up guns
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the door/telephone
- Teach self-safety for personal privacy
- Teach street safety/running after balls/crossing street/riding bicycle/boarding bus
- Use of helmet when riding bicycle, skating etc.