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Wt. _____ % Ht. _____ % BMI _____ % B/P _____ P _____

EIGHT AND NINE YEAR VISIT

<p>Healthy Habits *Supervise activities with friends *ensure adequate sleep, physical activity, personal hygiene *Limit TV and video games < 2 hrs. *Counsel about avoiding tobacco, alcohol, and drugs</p> <p>Injury Prevention *Use seatbelt in back and bike helmet *Reinforce water, bike neighborhood, and sports safety *Use sunscreen *Keep matches, poisons and guns locked up *Maintain a smoke free environment *Provide safe after-school environment, rules for being at home alone, and stranger safety *Test smoke detectors</p>	<p>Nutrition *eat some meals as family *Teach about healthy choice meals and snacks</p> <p>Oral Health *Brush teeth *Ask about fluoride *Make appointment with a dentist *Learn emergency dental care *Discuss dental sealants</p> <p>Community Integration *Ask for referrals for assistance *Discuss community and school programs; soccer and swimming activities *Ensure after-school childcare *Advocate for health education in schools</p>	<p>Social Competence *praise, encourage talking and expression of feelings *Encourage reading and hobbies *Give individual attention, create opportunities for family activities *Reinforce limits and provide consequences *Encourage positive interactions with teacher and other adults *Assign chores and provide personal space *Teach family rules and how to resolve conflicts and handle anger</p>	<p>Family Relationships *Serve as role model for ethical behavior and healthy habits *Listen, show respect and interest in activities *Show affection *Set reasonable but challenging expectations *Encourage good sibling relationships *Know your child's friends and their families</p>
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**AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:
 Chicken Pox Flu Hep A Menactra HPV Flu**

NEXT WELL CHILD VISIT:

Ten years.