



FAMILY MEDICAL CENTER

One Professional Plaza
Rexburg, ID 83440
208.356.9231
Fax: 208.356.9141

For Fever: (> 101°)

Acetaminophen

15 mg/kg every 6
hours as needed
or

Ibuprofen (not Aspirin)

10 mg/kg every 6
hours as needed

For Congestion:

Saline nose drops,
suction with bulb
syringe

Important Numbers

Poison Control
1-800-222-1222

Call us if your child:

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

Name: _____

Date: _____

Weight: _____ Length: _____

Well Care At 8 Years

HEALTH ISSUES

- Offer healthy snack and meal choices, limiting sugars. Encourage fruits and vegetables. Offer many options.
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor. Make an appointment with your dentist for a routine exam and continue routine cleanings every 6 months.
- Continue to have your child brush his or her teeth daily with toothpaste. You should assist them to ensure proper cleaning.
- Ensure adequate amounts of sleep and physical activity.
- Encourage importance of good personal hygiene.

SAFETY ISSUES

- Use a seat belt whenever in a moving car or van. If your child is under 60 lbs., consider continuing to use a booster seat. Always have your child in the back seat as it is the safest place to be if in an accident.
- Never put a child under 12 years of age in the front seat of a car with a passenger side airbag.
- Install and test your smoke detector in or near your child's room.
- Childproof your home (poisons, medicines, guns).
- Make sure any playground environment is safe.
- Use a bike helmet for your child (and yourself) when riding.
- Do not allow your child to ride on a riding lawnmower.
- Keep matches out of reach and instruct on fire safety.
- Do not keep a firearm in your home. If you must, make sure it is locked and out of reach.
- Provide a safe after-school environment.
- Teach your child how to swim and follow water safety rules.
- Supervise activities with friends.

YOUR CHILD SHOULD...

- Be able and willing to follow rules at home and school; respect authority.
- Show pride in his or her achievements.
- Be making steady progress in school.
- Know how to swim.

YOU SHOULD...

- Listen to music together with your child.
- Play board games and card games with your child.
- Limit TV to certain programs and to maximum of 1 hour per day. Practice selective TV viewing (not channel surfing). Limit video games to the same time limit.
- Encourage your child to read books.
- Encourage participation in sports, hobbies, learning a musical instrument and other interests.
- Reward good behavior as much as possible.
- Be consistent with rules. Be firm. You decide how strict or liberal to be, just make sure you are consistent.
- Respect your child's autonomy, privacy.
- Offer choices to your child at every opportunity to allow decision making.
- Encourage assertiveness but not aggressive behavior.
- Eat meals as a family.
- Establish and maintain family rituals/traditions.
- Try to allow expression of feelings (anger, joy, sadness, fear). Offer ways to resolve conflicts and handle anger.
- Expect sexual curiosity. Use correct anatomy terminology. Answer sex-related questions in a simple manner.
- Read age-appropriate books on sexual matters.
- Encourage your child to have positive interactions with teachers and other adults.
- Prepare for school, meet with teachers. Get involved with your child's school and organized activities.
- Assign chores and offer rewards (point scoring system, allowance).
- Get to know your child's friends and their families.