



SOCIETY HILL PEDIATRICS

What Children Ages 7 & 8 Should Know: Advice From Your Doctor!

Do Your Best

- Try your best at school. Doing well in school is important to how you feel about yourself.
- Ask for help when you need it.
- Join clubs and teams you like.
- Tell kids who pick on you or try to hurt you to stop—then walk away.
- Tell adults you trust about any bullies who bother you.

Play It Safe

- Don't open the door to anyone you don't know.
- Never get in a car with a stranger.
- Have friends over only when your parents say it's OK.
- Wear your helmet for biking, skating, skiing, and skateboarding.
- Ask an adult for help if you are scared or worried.
- If anyone does or says anything to you that makes you uncomfortable, tell your parents.
- Always sit in your booster seat and ride in the back seat of the car. If you are big enough that you no longer need a booster seat, always wear your seatbelt.
- Don't play with matches.

Eat Well, Be Active

- Eat breakfast every day.
- Drink at least 2 cups of milk a day.
- Try to eat a total of at least 5 fruits and vegetables every day.
- Eat healthy snacks like fruit, cheese, nuts, and yogurt.
- Drink water or milk; avoid sugary drinks, sodas, and juice.
- Healthy eating is important to help you do well in school and sports.
- Eat with your family often.

Doctor Visits

- Remember if you are allergic to anything like foods or medication or bee stings.
- Remember that you can always talk to your doctor about concerns you have about your body or how you are feeling.

Learn More

- www.mypyramid.com
- www.kids.gov
- www.kidshealth.org
- www.cdc.gov/family/kids

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