

# 8 Years



## 8 YEARS

### Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most injuries!**

At age 8, children are now taking off on their own. They look to friends for approval. They try to do daring things. They may not want to obey grown-up rules. But your child can learn safety rules with your help and reminders. Your child now goes out more without you and could drown, be hurt on a bike, or be hit by a car. And your child still can be hurt or killed while riding in a car if he is not buckled by a seat belt.

#### Sports Safety

Ask your doctor which sports are right for your child. **Be sure your child wears all the protective equipment made for the sport**, such as shin pads, mouth guards, wrist guards, eye protection, or helmets. Your child's coach also should be able to help you select protective equipment.



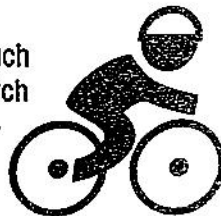
#### Water Safety

At this age, your child is not safe alone in water, even if he or she knows how to swim. **Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. Never let your child swim in canals or any fast-moving water.** Teach your child to always enter the water feet first.



#### And Remember Bike Safety

**Make sure your child always wears a helmet** while riding a bike. Now is the time to teach your child "Rules of the Road." Be sure he or she knows the rules and can use them. Watch your child ride. See if he or she is in control of the bike. See if your child uses good judgment. Your 8-year-old is not old enough to ride at dusk or after dark. Make sure your child brings the bike in when the sun starts to set.



#### Car Safety

**NEVER start the car until you've checked to be sure that your child is properly restrained in a booster seat.** Your child should use a booster seat until the lap belt can be worn low and flat on the hips and the shoulder belt can be worn across the shoulder rather than the face or neck (usually at about 80 pounds and about 4 feet 9 inches tall). Be sure that you and all others in the car are buckled up, too. Install shoulder belts in the back seat of your car if they are not already there. Serious injuries can occur with lap belts alone. **The safest place for all children to ride is in the back seat.**



(over)

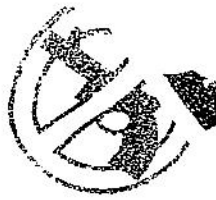
American Academy of Pediatrics



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It is best to keep all guns out of your home. If you choose to keep a gun, store it unloaded and in a locked place, separate from ammunition. Ask if the homes where your child visits or is cared for have guns and how they are stored. Your child is at greater risk of being shot by himself, his friends, or a family member than of being injured by an intruder.



Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR. Be prepared... for your child's sake!

## SAFETY IN A KID'S WORLD

Dear Parent: Your child is old enough to start learning how to prevent injuries. The games below are designed to help your child think about safety. Read the messages with your child and talk about them together. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other what it says. Make safety a big part of your lives.



### Bike Safety

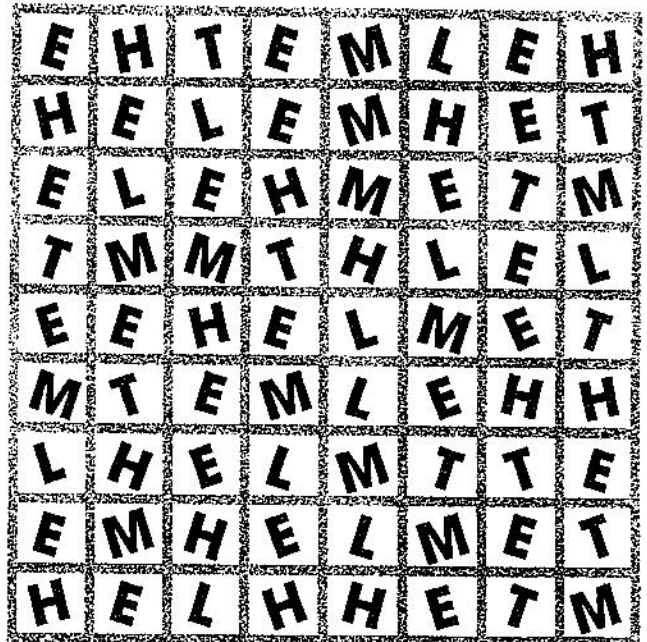
Always wear a 

when you ride your

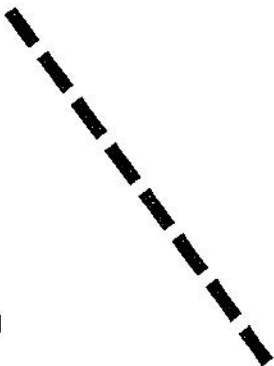


Get the Helmet Habit!

Directions: Can you find the word "HELMET" in 9 different places (any direction)?



1. When turning or stopping,
2. LOOK both ways,
3. Always ride
4. Always stop at
5. When you ride on the sidewalk
6. Smart riders always



at street corners and driveways.

STOP signs and the curb.

wear their helmet.

watch out for people.

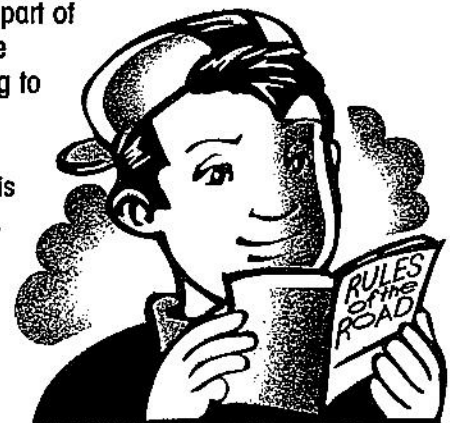
always use hand signals.

to the right.

### "Rules of the Road"

teaches you to ride your bike safely.

Directions: Here are 6 important "Rules of the Road." Draw a line from the first part of the rule to the correct ending to complete the sentence. The first one is done for you.



# snack

from all

# 5

food groups

## Fruit\*

Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

### Dried Fruit

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

*\* Use caution when feeding these foods due to a possible choking problem.*

## Vegetable\*

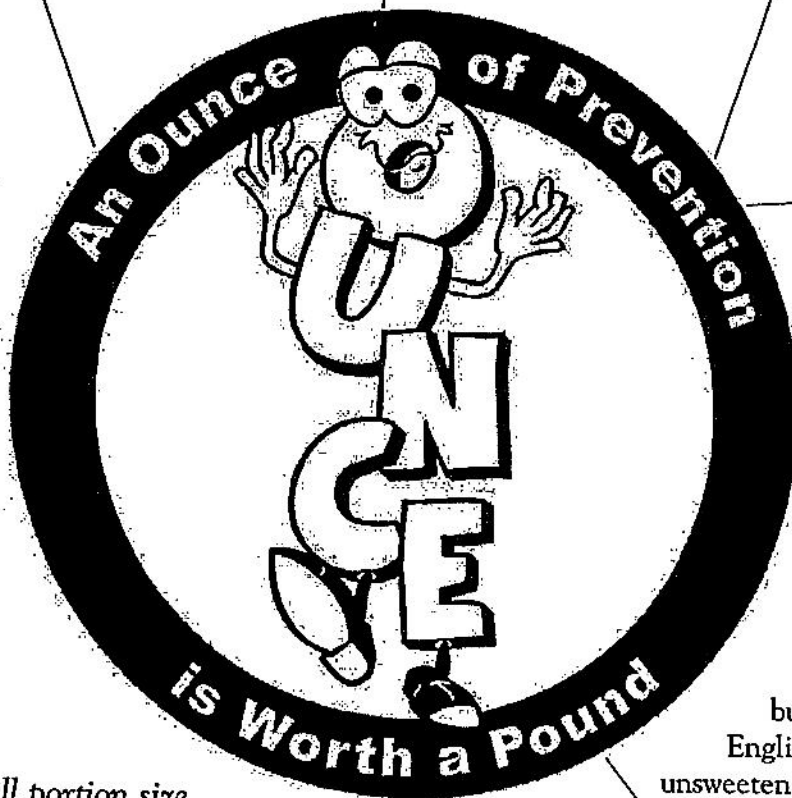
Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

## Milk

Milk, cheese (grated or cubed), yogurt (fresh or frozen), pudding.

### Smoothies

Blend yogurt, fruit, milk and 100% juice together.



## Meat

Chicken, tuna or egg salad, ham, hard boiled egg, bean dip, peanut butter, cottage cheese.

## Grain

Plain tortilla, bagel, bun, bread or English muffin, unsweetened cereal, crackers.

Offer small portion size.  
Best not to offer 1 - 2 hours before mealtime.

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