

# HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



**Public Health**  
Prevent. Promote. Protect.

AGE- 8-9 YEARS



## GREETINGS!

At eight years of age, your child is continuing the process of separation from home and family. She is becoming involved with friends and school activities. Your role is now changing to "behind-the-scenes" support.

## YOUR GROWING CHILD

✿ Some girls and boys may be showing early signs of puberty such as:

- ◆ change in mood
- ◆ increased sweat glands/skin changes
- ◆ underarm hair growth
- ◆ breast changes
- ◆ development of sex organs, onset of menstruation
- ◆ increased growth spurts

## YOUR CHILD'S HEALTH CARE



### Well-Child Check-Ups:

The check-ups are recommended every 2 years by the Minnesota Department of Health. The purpose of these exams is to help find any health problems your child may have. It will also give you a chance to ask questions or bring up any of your concerns. Please make an appointment soon.

Remember - dental check-ups are very important! Check with your dentist for his/her recommendations.

### Immunizations (shots):

★ Your child should not require any immunizations now if she is current. Know where your child's immunization record is. If it is misplaced, please call us. We may have the record on the computer and will provide a print out for you!



★ It is also recommended that your child receive a yearly flu shot.

★ Remember - before a child receives any immunization, she should be told why she is getting it and how it is given.

### Your child:

- ✿ Is now more interested in their own personal appearance.
- ✿ Has a best friend, usually the same sex.
- ✿ May try "dare-devil" activities.
- ✿ Is still "clumsy" due to growth spurts.
- ✿ Knows how to tell time.
- ✿ She is becoming more responsible to time; and is more punctual.
- ✿ Knows the sequence of months, seasons and years.
- ✿ Wants space of his/her own such as own room or part of a room.
- ✿ Knows own neighborhood well and likes maps and geography trips.
- ✿ Is interested in stars and other objects in space.







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*Address Service Requested*

**TO:**

8-9 YR.