

# School Experience



## Learn, grow, succeed!

School is an exciting place to learn, make friends, and grow. Sometimes, children face challenges too, like bullying.

Bullying or cyberbullying is when one child keeps picking on another over and over. It can be physical (like hitting), verbal (like name-calling), or social (like leaving someone out on purpose). It can happen at school, on the playground, on the bus, in the neighborhood, or through phones and other devices.

- **Talk with them regularly.**

Ask about school, their friends, and what they're excited about. Keep the conversation going so they feel heard and supported.

- **Teach kindness and respect.**

Talk about how to treat others well and encourage them to help people who need a hand.

- **Have fun together.** Play games, read books, or check out events in your community as a family. These shared moments help your child feel connected and valued.

- **Stay involved at school.** Get to know your child's teachers and what they're learning. Working together with the school helps your child succeed.

- **Keep reading together.** Even as your child learns to read on their own, keep reading aloud and let them read to you too. It builds confidence and makes reading fun.

- **Encourage them to face new challenges.** When your child faces a problem—like a disagreement with a friend—encourage them to try solving it themselves before stepping in.



*Come see me at school and ask my teacher how I am doing.*

- **Help them get involved.** Encourage your child to join teams, clubs, or volunteer groups. These activities help them learn new skills and make friends.

### If your child is being bullied:

- **Notify the school.** Let them know what's going on and work with them to find a solution.
- **Support asking for help.** Help your child feel comfortable asking a trusted adult for help. Talk with them about who they can go to if they need support.
- **Validate their feelings.** Take bullying seriously. Let your child know their feelings are valid and that you're there to support them.

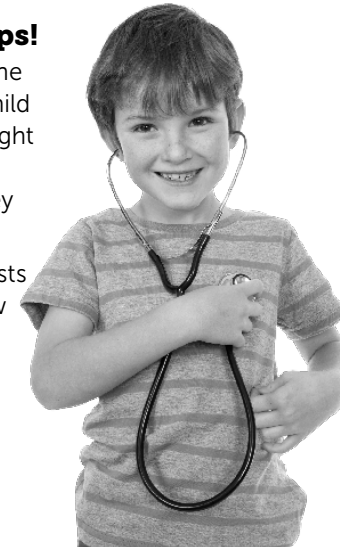


## Well-Child Visit

### Schedule health checkups!

Just like at last year's check-up, the doctor will talk directly to your child and ask a few questions. They might ask about school and what your child's been learning, or what they like to do during school breaks.

Talking about hobbies and interests helps the doctor understand how your child is doing. Doing things they enjoy and feel good at can boost their confidence, which is great for their mental health.



*Don't forget to schedule my checkups.*

# 7 Years

## Vaccines

### Make sure your child's vaccines are up to date.

To continue staying protected, your child will need a flu vaccine each year and maybe the following vaccines:

- Tetanus, diphtheria, and pertussis (Tdap).
- Meningococcal conjugate vaccine.
- COVID-19



Ask your child's doctor or nurse for a copy of your child's vaccine records during your well-child visit. Also check to make sure your child's current vaccines are in the Washington State Immunization WAIS. Be sure your child's vaccines are up to date and correct. You have the right to review your child's records, ask questions, and make corrections. Talk with your doctor, nurse, or clinic if you have any questions.

To see and download your family's vaccine records online, visit [myirmobile.com](http://myirmobile.com).

## Oral Health

### Taking care of your 7 year old's teeth is super important.



Your child is losing baby teeth and getting their adult ones, so keeping their mouth clean helps prevent cavities and gum problems. Brushing and flossing every day also builds good habits to help keep their mouth healthy.

Remember to:

- Make sure your child brushes their teeth twice a day with fluoride toothpaste.
- Help your child brush their teeth until they have the skills to do it well on their own.
- Ask your child's dentist to apply dental sealants when appropriate.

For more information and tips for taking care of your child's teeth visit, [bit.ly/CDC-tips4healthyteeth](http://bit.ly/CDC-tips4healthyteeth).

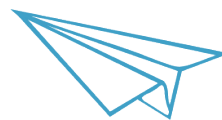
**Nothing is impossible, the word itself says "I'm possible"**

**-Audrey Hepburn**

### Thanks for reading!

Share this letter with other caregivers in your child's life. You'll hear from us again before your child is 8 years old with information on:

- Sports safety
- Internet safety
- Emotional and social changes



## Family Support and Routines

### Help build your child's self esteem.

#### 1. Help your child feel safe.

At this age, your child needs to feel safe and secure. They might wonder things like, "What will happen to me?" Reassure them often. Let them know you're there for them, no matter what.

#### 2. Help them feel like they belong.

Kids thrive when they feel like they're part of something. It starts with your love and acceptance at home, and grows through friendships, school, sports, or even your neighborhood. Feeling left out can make them feel sad or lost.

#### 3. Give them a sense of purpose.

Even at 7, children need goals—like learning to read a harder book or riding a bike without training wheels. These goals give them something to work toward and help them feel proud when they achieve them.

#### 4. Build their confidence.

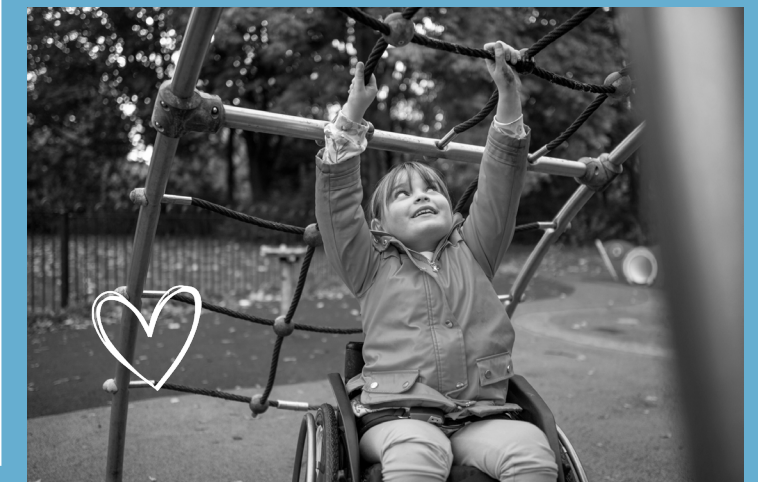
Let your child try things on their own, like solving a problem or doing a small project. When they succeed, they feel proud and capable. Set goals that challenge them just enough—not too easy, not too hard. Be patient, and don't do everything for them.

#### 5. Teach them trust.

Keep your promises, listen to what they say, and treat them like someone you can count on. This teaches them to trust you—and themselves. Give them chances to be responsible and show they can be trusted too.

#### 6. Encourage responsibility.

Let your 7 year old help with chores, make simple choices, and take care of their things. Try not to watch over every move. This shows you believe in them, and it helps them believe in themselves



*Let me try to do things on my own.*

## For the Health of All Our Children

Watch Me Grow Washington is a program of the Washington State Department of Health

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# Safety

## Be aware and take care.

### Sports Safety

Talk to your doctor about which sports are safe and a good fit for your child. Make sure your child wears all the right safety gear for the sport—like shin guards, mouth guards, helmets, or eye protection. Coaches can also help you figure out what gear your child needs.

### Water Safety

Even if your child knows how to swim, they shouldn't be near water without an adult watching. This includes lakes, streams, pools, and the ocean. Never let them swim in fast-moving water like canals. Teach them to always go into the water feet first to avoid injury.

### Bike Safety

Your child should always wear a helmet when riding a bike. Now is a great time to start teaching them the basic rules for riding safely, like looking both ways and riding on the right side of the road. Watch how they ride to make sure they're in control and making smart choices. Kids this age should not ride at dusk or in the dark. Have them bring their bike inside when it starts getting dark.



Make sure I am wearing a helmet when I ride my bike.

### Car Safety

Never start driving until your child is buckled into their booster seat correctly. They should stay in a booster seat until seat belts fit them the right way—lap belt low on the hips and shoulder belt across the chest, not the face or neck (usually around 80 pounds or 4 feet 9 inches tall). Everyone in the car should be buckled up, and kids should always ride in the back seat, which is the safest place. If your back seat only has lap belts, get shoulder belts installed—they offer much better protection.

### Gun Safety

The safest choice is to not have guns in your home. If you do keep one, make sure it's unloaded, locked up, and stored separately from the ammunition. Always ask if there are guns in homes where your child plays or stays and find out how they are stored. Most gun injuries to kids happen from guns in their own homes, not from strangers.

### Media Safety

Media may start to be a bigger part of your 7 year old's life. Some schools may use computers or other digital technology for learning starting at this age. Your child may ask to play video games or use websites that allow them to talk to their friends or even strangers. It is important to monitor your child's internet use to make sure they are avoiding inappropriate content. Implementing a Family Media Plan can help your child stay safe online.

## Growth and Development



Listen to me and answer my questions.

### Help your child learn about themselves.

As a parent or caregiver, you play a big part in keeping your child safe from sexual abuse. You are the best person to teach them how people should treat them—and how they should treat others. Your child learns a lot just by watching how you act every day.

- Sexual development is a normal part of growing up. Think about how you want your kids to learn about their bodies, health, and relationships—and what skills they'll need as they grow.
- It's a good idea to teach children the correct names for body parts, including private parts. This helps them know it's okay to talk about their bodies and ask questions. Let them know they can always come to you if they're confused or concerned.
- Bodily autonomy means a person has control over their own body. Talk with your child about what that means and how your family respects each other's boundaries.
- Help them grow into someone who can speak up for themselves.
- Children are naturally curious and may ask about things like where babies come from, going to the bathroom, or how bodies change. It's important to answer these questions honestly and in a way they can understand for their age.
- How do you know when your child is ready to talk about these topics? If they're asking questions, that's a good sign they're ready. You don't have to explain everything at once—start small and see if they want to know more.

# Nutrition and Physical Activity

## Fuel their body, move their mind!

Nutrition is key for your child's growth, so it's important to make sure they eat a balanced diet. As your child grows, especially during growth spurts, they will need more calories.

At 7 years old, children are spending more time at school and away from home, so they might start making their own choices about what to eat. If your child eats school breakfast or lunch, it helps if they know which foods are nutritious. What they learn at home about eating well can guide them to make better choices on their own.



### The power of play!

Play isn't just about having fun—it's an important part of your child's growth and development. Games like hide-and-seek, hopscotch, and board games help build their brain, body, and life skills.

Giving your child lots of chances to play helps them grow into healthy, happy, creative adults. So, the next time they ask you to play, say yes! It's a great chance to bond and spend time together.