

Well Child Care at 7 Years

Physical Development

- Still has better large muscle than small muscle coordination.
- Rides a bicycle.
- Enjoys swimming lessons.
- Begins to alternate rigorous and restful activities independently.
- Favors competitive games.
- Has more refined eye-hand coordination.
- May ask questions about life, death, and the human body.
- Still preoccupied with subject of teeth.
- Can distinguish right from left.



Emotional Development

- Becomes better at expressing negative feelings through language.
- May blame another for own mistake.
- Develops feelings of possessiveness and interest in their belongings, collections, rooms, and activities at home.
- Develops understanding about death, could worry about or become fearful about death of family member.
 - Talk with your youngster about his anxieties, be sympathetic and supportive.
 - Do not belittle or ridicule your child's fears, particularly in front of his peers.

Social Development

- Plays with boys and girls together.
- Usually has a best friend of the same sex.
- Shows growing concern about popularity among peers.
- Seeks approval of peers as well as adults.
- Takes it upon self to enforce rules.
- Tattles on other children perceived to be misbehaving.
- Tends to be quite critical.
- Begins to look for role models.

Mental Development

- Experiences rapid language development.
- Wants to be "first," "best," "perfect," "correct," in everything.
- Is greatly concerned with right and wrong.
- Still has difficulty with the concepts of honesty and dishonesty.
- Begins to use logical reasoning to solve problems.
- Continues to enjoy dramatic play.
- References of time is only a week or two in the future.

Next Visit

Your child's next routine check-up should be at 8 years of age.

Additional Health Resources

Virtual Children's Hospital – www.vh.org/vch

<http://kidshealth.org>

www.generalpediatrics.com

Credits:

American Academy of Pediatrics; Pediatric Behavioral Health Advisor; Health Informatics

www.aap.org

Health Informatics – <http://uiowa.healthinformatics.net>

AAP "Caring For Your School-Age Child, Ages 5 to 12" E. L. Schor, MD

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