



West Virginia HealthCheck

8 Year Visit

What to Expect at the 8 Year Visit

Self-esteem.... Parents can help their 8 year old develop a positive sense of self by setting an example of being responsible, by keeping promises, showing up on time, and completing tasks on time. They can make their 8 year old feel secure by giving hugs, participating in activities together, and talking.

During this visit some questions your provider may ask include:

Do you have any concerns about your child's development, learning or behavior?
Does your child enjoy school?

Do you have any concerns about bullying of your child?

Do you know your child's friends?
Their families?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child will have a **visual acuity screen** and hearing screen.
- Your child will have a **dyslipidemia risk screen**.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a complete head-to-toe physical examination.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you age-appropriate information on safety, and talk about healthy habits and routines, school progress and **puberty**.

Preventive Care Tips: Puberty And Your Child's Changing Body

Puberty is a time of dramatic change for both boys and girls. And for parents too! Parents need to be prepared to answer questions about sexual development in a simple and honest manner appropriate to the child's understanding.

While the age at which the physical changes of puberty may vary from child to child, at around age 8, you will begin to notice your child's body is beginning to change.

Some of the first things that will happen are that your child, boy or girl, may develop body odor, and the skin on his or her face may become oily and break out in pimples or acne. Daily baths, using deodorant and washing their face both in the morning and at night should become a part of your child's daily routine.

For Girls: Breast development, usually the first noticeable sign of puberty in **girls**, may begin anytime between the ages of 8 and 13. When breast development begins, girls will need to begin wearing a bra.

Pubic and underarm hair begins to grow and becomes thicker, darker and more course over time.

Girls can have their first **menstrual period** as early as 10 years, but most will start at around 12 1/2 years. It's a good idea to have pads available to use when periods start.

Girls experience a growth spurt and reach their adult height within about 2 years after starting their periods (usually around 14 or 15 years).

For Boys: Most **boys** show the first physical changes of puberty between ages 10 and 16. They will first notice changes occurring with their **male reproductive organs**. They will begin to produce sperm and have ejaculations.

Next, pubic hair appears, followed by underarm and facial hair.

Their voice deepens and may sometimes crack or break.

By age 16, most boys have stopped growing, but their muscles will continue to develop.

For Parents: Encourage your child to ask questions.

If you have any concerns about your child's growth or development, talk with his or her health care provider.

Finally, it is important to remember, for both boys and girls, the hormone-driven changes of puberty transform them from children into physically mature teens as their bodies develop .

What To Expect At The 9 Year Visit

- Your child's exam will include a behavioral risk screen.
- Talk with your provider about adolescent immunizations. Your child may need one or more immunizations.

**West Virginia
HealthCheck Program
1-800-642-9704**

www.dhhr.wv.gov/healthcheck

**Transportation Assistance
Contact MTM to schedule a ride
1-844-549-8353**

www.mtm-inc.net/west-virginia