

Pediatric Offices Of:
Savel, Kelly, Boreman, & Odom, M.D.'s
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www.savelkellymds.com

MANNERS:

Below is a list of suggested manners. Please help your child to practice them at all times.

- Keeps from interrupting conversations of others, especially grown-ups.
- Routinely says "please", "thank you" and "excuse me" to other people and family.
- Politely answers people and the telephone.
- Apologizes when wrong and accepts an apology.
- Keeps from slamming doors or objects when angry.
- Is able to introduce parents to others.
- Politely acknowledges being spoken to by adults and other friends.
- Keeps from pushing in line or elbowing others to get ahead.
- Practices good table manners and uses appropriate utensils when eating at home or away.
- At mealtime, talks with an empty mouth and asks permission to be excused from the table.
- Responds to gifts received from others with a verbal or handwritten thank you.
- Respects other people's belongings at home and away.
- Refrains from name-calling or put-downs when angry or upset.
- Turns head away from others and covers mouth when coughing or sneezing.
- Holds door open for others especially elderly adults or disabled people.
- Accepts a "no" from an adult.
- In a new situation, requests permission to proceed from those in charge.
- When necessary, remains quiet in social situations like the movies, church, performances etc.

HEALTH AND NUTRITION

- **EYES**: A complete eye exam by an ophthalmologist is recommended between the ages of 4-6 yrs.
- **TEETH**: Schedule regular dental exams with a pediatric dentist. Supervise twice daily brushing of your child's teeth.
- **EARS**: A hearing evaluation is recommended between the ages of 4-6 yrs. *This can be done in our office*
- **NUTRITION**: Serve three regular meals and two nutritious snacks each day. To avoid food struggles, offer some choices to your child. Try to eat together and make mealtime pleasant.
- **SAFETY**: Continue to place children in the back seat properly secured in a car or booster seat that is installed correctly. Find out what's safe for your child.
- Contact 1-866-seat-check, www.seatcheck.org.

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Parenting & Helping with School

Here are some suggestions to guide you in your parenting skills and to help direct your child in a positive school experience.

- Provide firm and consistent discipline in a loving, praising and understanding way.
- Set limits clearly. Explain consequences of misbehaving up front such as time-out or removal from the situation.
- Bedtime is important. Have a set bedtime routine and allow for 10-12 hours of sleep.
- Make some special time to spend with your child.
- Make sure to leave playtime for your child. Choose activities your child will like such as playing games or reading books.
- Limit and supervise television viewing. Better yet, turn off the TV!
- Share a hobby or interest with your child.
- When possible, involve your child in making decisions.
- Notice and discuss any changes in your child's behavior.
- Take an interest by asking your child about school each day.
- Urge your child to do his best in school. And praise him when he does.
- Homework helps kids learn. So provide a quiet time & place to do it.
- Organization saves time. So have a place for school supplies etc.
- Join your school's parent-teacher group. Get to know the teacher. Volunteer in at least one school activity or in the classroom.
- Know the school's rules and teach them to your child.
- By guiding your child to find the answers to questions, you will help them learn.
- Work near your child when he is doing homework.
- Read books, promote regular physical activity, and provide opportunities for socializing with playmates.
- For fun and learning with your child, subscribe to magazines and/or newspapers.

Here are some kids magazines at Cobblestonepub.com :

Ages 0-7: *Babybug* (board book), *Ladybug* (stories & activities), *Click* (science)

Ages 7-10: *Spider* (fiction), *Ask* (Arts & Science), *Appleseeds* (history & culture)

Ages 9-up: *Calliope* (world history), *Cobblestone* (US history), *Faces* (cultures), *Cricket* (fiction), *Odyssey* (science), *Dig* (archeology).

Other kids magazines: *Dolphin Log* (sealife) dolphinlog.org , *National Geographic World* (science) nationalgeographic.com, *Time for Kids* timeforkids.com *Owl* (science),

owlkids.com/owl/, *Sports Illustrated for Kids* sikids.com, *Boys life* boyslife.org,

Some web sites: starfall.com, scholastic.com/kids/, eduplace.com/kids/hmr, lovereading4kids.co.uk/ , pbskids.org/readingrainbow .