

# Your Child at 8 years



## What Most Children Do at this Age:

### Physical Development

- Is active and clumsy, arms and legs may seem too long for their bodies
- Enjoys making faces, wiggling, and clowning around
- Has a good appetite, may accept new foods

### Intellectual Development

- Can count by 2's, 5's, and so on
- Can read simple sentences
- Often generalizes and exaggerates, things are either the best or the worst.

### Social Development

- Can work well in small groups of friends
- Considers clubs and groups important
- Makes new friends easily and works at establishing two way relationships
- Is more willing to follow rules they help create

### Emotional Development

- Has more secrets, may want a secret journal
- May be impatient, likes immediate rewards for behavior
- May have rapidly changing emotions; affectionate, helpful, cheerful, outgoing, curious; can also be rude, selfish, bossy, and demanding, or giggly and silly.

### Effective Parenting Suggestions:

- Answer your child's many questions patiently and with honesty
- Direct your child's efforts toward activities they can accomplish while continuing to provide challenges. Emphasis what your child has learned through the process rather than the end product.
- Do not criticize. Encourage efforts. Teach that everyone makes mistakes.
- Assist with extra curricular groups. Go to your child's activities, such as a choir concert. Be a part of your child's school life.
- Remain understanding of your child's needs and feelings
- Provide small but meaningful rewards for accomplishments
- Allow expression of negative emotions while maintaining limits. Be patient with giggling

Source: webmd.com