

Pediatric Offices Of:  
Savel, Kelly, Boreman, & Odom, M.D.'s  
727-447-6458  
[www.savelkellymds.com](http://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](http://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](http://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](http://dolphinlog.org) , *National Geographic World* (science) [nationalgeographic.com](http://nationalgeographic.com), *Time for Kids* [timeforkids.com](http://timeforkids.com) *Owl* (science),

[owlkids.com/owl/](http://owlkids.com/owl/), *Sports Illustrated for Kids* [sikids.com](http://sikids.com), *Boys life* [boyslife.org](http://boyslife.org),

**Some web sites:** [starfall.com](http://starfall.com), [scholastic.com/kids/](http://scholastic.com/kids/), [eduplace.com/kids/hmr](http://eduplace.com/kids/hmr), [lovereading4kids.co.uk/](http://lovereading4kids.co.uk/) , [pbskids.org/readingrainbow](http://pbskids.org/readingrainbow) .