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7 Year Visit

Your 7-year-old child has been working to experience life with the understanding it is not only about the concrete details in front of them. There is more to life than meets the eye. The “abstract” ideas are more accessible to this age child. Ideas such as counting, right and left, and telling time can be understood. If this has all been assimilated, your child is learning these concepts with a smile on their face.

Friendships should be formed and maintained with a healthy understanding that people are different. That another person may have a different viewpoint than you do is a concept that should be taught, discussed and realized. This understanding process is perfectly normal and navigation of the social sphere becomes easier and easier when this lesson is understood. Some signs that this isn't going so well may be lack of friends, teacher's concern about socialization or extreme argumentativeness from your child.

At this age an important realization for a parent is that your child is starting to understand endings and the concept of death. You do not need to introduce it because life will introduce it for you. Discuss it with an open heart and listen to the actual questions of your child. Use the belief system of your family. Realize that the support of the family will help your child feel comfortable with this issue. They will accept it if they see you are comfortable with it.

Your 7-year old is going through a metamorphosis in understanding and knowing this will help you watch for signs that your child needs some help through this time of self-growth. Their self-concept is changing. The identity of a child who sees the world as only about and for them must now accommodate that others have needs, that they are not omnipotent and that they will die someday. WHEW! Check in with your child, make sure that there are no large changes in mood or behavior.

This age is a developmental threshold out of babyhood and into school age.

Let me know if you have questions or concerns.

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