

PARENTING CHILDREN AGES 6-8

SCHOOLS

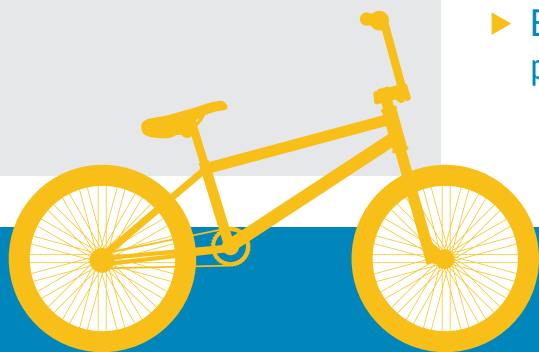
EDUCATION

- ▶ The transition to kindergarten and the early years of school are key times for children's cognitive and social development.
- ▶ Parents have a direct role in building a child's problem solving, study and cognitive skills.
- ▶ Child tax credit is linked to better academic achievement for elementary aged children.
- ▶ Higher levels of parent education are associated with knowledge about child development milestones and effective parenting strategies



INTERVENTIONS

- ▶ When parents are engaged with their child's school, children show higher academic achievement
- ▶ Regular routines at home are associated with better school performance.
- ▶ The transition to elementary school can be facilitated by providing parents with information on the demands and rules of the school as well as expected developmental changes in their children.
- ▶ Assistance can be provided to help parents establish a home environment conducive to literacy and learning activities.



HEALTH

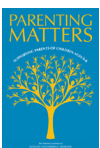
- ▶ Well-child care is the mainstay of a family's interaction with the health care system
- ▶ Many families do not receive all the parent support and guidance that is recommended in well-child care guidelines
- ▶ Longer well-child visits are associated with more anticipatory guidance, more psychosocial risk assessment and better ratings of family-centeredness
- ▶ Kindergarten and first graders who watch more television are at increased risk to be overweight by the end of third grade
- ▶ Parent screen time behaviors are linked with those of their children, and contribute to sedentary behaviors



INTERVENTIONS

- ▶ The American Academy of Pediatrics recommends that children ages 0-8 receive an annual physical exam, developmental/behavioral assessment and anticipatory guidance
- ▶ Anticipatory guidance is intended to help parents prepare for and deal with issues and concerns they may encounter as their child grows. (e.g. discipline, safety)
- ▶ Primary care doctors serve as a source of parenting information, providing guidance on early learning, and well-child care.
- ▶ Balancing screen time with other activities can promote the health of children

PRIMARY CARE SETTINGS



For more information on the report *Parenting Matters: Supporting Parents of Children Ages 0-8*, please visit: www.nas.edu/ParentingMatters.