



Preventive Care at 7 to 8 Years of Age

Anxiety Screening



Starting at the age of 8, talk to your child's primary care provider (PCP) about an anxiety screening. Anxiety is a feeling of fear and worry. Get a test done even if there are no signs of a health problem. Anxiety can affect your child's mood. It can also affect their everyday activities. These feelings can become overwhelming. A test can help your child get the help they need to manage anxiety.

Catch-up Vaccines



If your child is missing any routine shots, they should catch up between the ages of 7 and 8. Talk to your child's PCP about the following vaccines.

Hepatitis A Vaccine | Hepatitis B Vaccine | Polio Vaccine | MMR Vaccine | Chickenpox Vaccine | Tdap Vaccine

Advice Nurse

For questions about tests or shots due, call our Advice Nurse at **1-877-661-6230, Option 1** (TTY 711). This is a toll-free number available 24 hours a day, 7 days a week, including holidays.

Denti-Cal



Regular dental check-ups are key to keeping your child's teeth healthy and strong. This dental program can help your child get the dental care they need. It covers a lot of dental services, including check-ups, cleanings, and treatments. Go to smilecalifornia.org, use the QR code, or call 1-800-322-6384 for dentists or more information.

Health Education



Contra Costa Health has resources to help you learn more about ways to protect your child's health. Get access to a health library, a resource guide, tools and videos, health tips, and classes. Visit healthed.cchealth.org or use the QR code.

Behavioral Health Virtual Services



Online behavioral (mental) health platforms are available to you and your family at no cost. BrightLife Kids is made for parents or caregivers and kids from birth to age 12. You can find it online at helloworldline.com. You can also get it in the Apple App Store and Google Play.

Building Media and School Safety Skills

Online Health and Media Safety

Children create media habits at a young age. Talk openly with them about the rules around screen use and any concerns they may have. This is a good way to build a close relationship and avoid online risks. Here are some ways you can help your child build balance and safety skills early.



- Set normal boundaries of being off-screen. Work together as a family to build a media plan.
 - Pick good content. Parental controls can limit available content.
 - Find ways to manage stress or boredom without screens.
 - Set a good example. It's okay to talk about your media use.
 - Talk to your child about thinking before sharing content. This helps teach about consent and privacy.
- Teach important safety skills for technology and online use.
 - Watch for unwanted content. Change privacy settings or viewing patterns to limit what is being seen.

Positive Behavior and School Safety

Talk to your child about school. This is an important time when your child is making friends, building confidence, and becoming more independent. Here's how you can encourage better choices.

Create a sense of responsibility with your child.





- Help with household tasks.
- Follow rules.
- Learn patience.
- Create goals.

Help your child understand bullying.

- Treat everyone with respect.
- Calmly tell others to stop bullying.
- Talk to a trusted adult.
- Speak up about online bullying.

Behavioral and Mental Health Services

Get care now for behavioral or mental health. We can help 24 hours/day with your child's needs. This includes crisis support and other behavioral health services. It is free and confidential. In an emergency, call 911 or go to the nearest emergency room.

-  Contra Costa Health ACCESS Line: 1-888-678-7277
-  Contra Costa County's A3 Crisis Response: 1-844-844-5544
-  Contra Costa Crisis Center: Dial 211 or Text 'HOPE' to 20121
-  Suicide & Crisis Lifeline: Dial 988 or visit [988lifeline.org](https://www.988lifeline.org)