



PEDIATRIC OFFICES OF: SAVEL, KELLY, BOREMAN & ODOM, M.D.'S

1230 S. MYRTLE AVE SUITE #205 CLEARWATER FL, 33756 • 250 PINE AVE N. SUITE B OLDSMAR FL, 34677
PHONE (727) 447-6458 • FAX (727) 461-5211 • WWW.HAPPYKIDSMID.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.