



# Bright Futures Parent Handout 5 and 6 Year Visits

Here are some suggestions from Bright Futures experts that may be of value to your family.

## Healthy Teeth

ORAL HEALTH

- Help your child brush his teeth twice a day.
  - After breakfast
  - Before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss her teeth once a day.
- Your child should visit the dentist at least twice a year.

## Ready for School

SCHOOL READINESS

- Take your child to see the school and meet the teacher.
- Read books with your child about starting school.
- Talk to your child about school.
- Make sure your child is in a safe place after school with an adult.
- Talk with your child every day about things he liked, any worries, and if anyone is being mean to him.
- Talk to us about your concerns.

## Your Child and Family

MENTAL HEALTH

- Give your child chores to do and expect them to be done.
- Have family routines.
- Hug and praise your child.
- Teach your child what is right and what is wrong.
- Help your child to do things for herself.
- Children learn better from discipline than they do from punishment.
- Help your child deal with anger.
  - Teach your child to walk away when angry or go somewhere else to play.

## Staying Healthy

NUTRITION AND PHYSICAL ACTIVITY

- Eat breakfast.
- Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
- Limit candy, soft drinks, and high-fat foods.
- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Limit TV time to 2 hours a day.
- Do not have a TV in your child's bedroom.
- Make sure your child is active for 1 hour or more daily.

## Safety

SAFETY

- Your child should always ride in the back seat and use a car safety seat or booster seat.
- Teach your child to swim.
- Watch your child around water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in a hallway near every sleeping area.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- Teach your child about how to be safe with other adults.
  - No one should ask for a secret to be kept from parents.
  - No one should ask to see private parts.
  - No adult should ask for help with his private parts.

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; seatcheck.org

Booster seats are recommended until the child is 4 ft 9 inches which may differ from state laws.

Appointment Line and After Hours Provider:  
410-293-2273

Sign up for Relay Health to e-mail communicate with your provider at  
[www.RELAYHEALTH.com](http://www.RELAYHEALTH.com)

Review your labs on [TRICAREONLINE.COM](http://TRICAREONLINE.COM)



## American Academy of Pediatrics



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Illustration by  
Billy Nuñez, age 16

## BULLYING: IT'S NOT OK

### BULLYING AFFECTS ALL CHILDREN

- Victims of bullying can learn how to respond safely to physical, verbal, and social bullying.
- Children who are bullies can change their behavior. When bullies are allowed to continue, it often leads to future problems.
- Bystanders—children who watch the bullies pick on others—can help stop bullying.
- Concerned and involved adults can reduce bullying in schools and neighborhoods.

**B**ullying is when one child picks on another child **again and again**. Usually children who are being bullied are either weaker or smaller, are shy, and generally feel helpless.

### FACTS ABOUT BULLYING

- Both girls and boys can be bullies.
- Bullies target children who cry, get mad, or easily give in to them.
- There are 3 types of bullying.
  - Physical**—hitting, kicking, pushing, choking, punching
  - Verbal**—threatening, taunting, teasing, hate speech
  - Social**—excluding victims from activities or starting rumors about them

### ■ Bullying happens:

**At school**—in the halls, at lunch, or in the bathroom, when teachers are not there to see what is going on.

**When adults are not watching**—going to and from school, on the playground, or in the neighborhood.

**Through e-mail or instant messaging**—rumors are spread or nasty notes are sent.

### BULLYING IS DIFFERENT FROM FIGHTING OR TEASING

- A bully has power over another child.
- Bullies try to control other children by scaring them.
- Being picked on over and over can make your child a victim.
- Bullying usually happens when other children are watching.

### TALK WITH YOUR CHILD ABOUT BULLYING

Even if you don't think your child is bullied, a bully, or a bystander, you will be helping to protect your child just by asking these questions:

- "How are things going at school?"
- "What do you think of the other kids in your class?"
- "Does anyone get picked on or bullied?"

### WHEN YOUR CHILD IS BULLIED

Talk with your child about how to stay safe. Bullies always pick on smaller or weaker children. If there is a fight, and the bully "wins," this will only make matters worse for your child.



### **Help your child learn how to respond.**

“Let’s talk about what you can do and say if this happens again.”

Teach your child how to:

- Look the bully in the eye.
- Stand tall and stay calm in a difficult situation.
- Walk away.

Teach your child how to say in a firm voice:

- “I don’t like what you are doing.”
- “Please do NOT talk to me like that.”
- “Why would you say that?”

Just telling your child to do and say these things is not enough. For many children, these skills do not come naturally. It is like learning a new language—lots of practice is needed. Practice so that, in the heat of the moment, these skills will come to your child naturally.

### **Teach your child when and how to ask for help.**

Your child should not be afraid to ask an adult for help when bullying happens. Since some children are embarrassed about being bullied, parents need to let their children know that being bullied is not their fault.

### **Encourage your child to make friends with other children.**

There are many adult-supervised groups, in and out of school, that your child can join. Invite your child’s friends over to your home. Children who are loners are more likely to get picked on.

### **Support activities that interest your child.**

By participating in activities such as team sports, music groups, or social clubs, your child will develop new abilities and social skills. When children feel good about how they relate to others, they are less likely to be picked on.

### **Alert school officials to the problems and work with them on solutions.**

- Since bullying often occurs outside the classroom, talk with the principal, guidance counselor, or playground monitors, as well as your child’s teachers. When school officials know about bullying, they can help stop it.
- Write down and report all bullying to your child’s school. By knowing when and where the bullying occurs, you and your child can better plan what to do if it happens again.

- Some children who are bullied will fear going to school, have difficulty paying attention at school, or develop symptoms like headaches or stomach pains.

**Make sure an adult who knows about the bullying can watch out for your child’s safety and well-being when you cannot be there.**

## **WHEN YOUR CHILD IS THE BULLY**

If you know that your child is bullying others, take it very seriously. *Now is the time when you can change your child’s behavior.*

In the long run, bullies continue to have problems. These problems often get worse. If the bullying behavior is allowed to continue, then when these children become adults, they are much less successful in their work and family lives and may even get in trouble with the law.

### **Set firm and consistent limits on your child’s aggressive behavior.**

Be sure your child knows that bullying is never OK.

### **Be a positive role model.**

Children need to develop new and constructive strategies for getting what they want. Show children that they can get what they want without teasing, threatening, or hurting someone. All children can learn to treat others with respect.

### **Use effective, nonphysical discipline, such as loss of privileges.**

When your child needs discipline, explain why the behavior was wrong and how your child can change it.

### **Help your child understand how bullying hurts other children.**

Give real examples of the good and bad results of your child’s actions.

### **Develop practical solutions with others.**

Together with the school principal, teachers, counselors, and parents of the children your child has bullied, find positive ways to stop the bullying.

**Supervise your child and help develop individual skills and interests.**

Children with too much “time on their hands” are more likely to find themselves in violent or dangerous situations.

**Ask for help.**

If you find it difficult to change the behavior, reach out to a professional, like a teacher, counselor, or pediatrician.

**WHEN YOUR CHILD IS A BYSTANDER**

Most children are neither bullied nor bullies—they just watch. There are things that your child can do to help stop bullying.

**Tell your child not to cheer on or even quietly watch bullying.**

This only encourages the bully who is trying to be the center of attention.

**Encourage your child to tell a trusted adult about the bullying.**

Talking to an adult is not “tattling.” Standing up for another child by getting help is an act of courage and safety. To make it easier, suggest taking a friend.

**Help your child support other children who may be bullied.**

Encourage your child to include these children in activities.

**Encourage your child to join with others in telling bullies to stop.**

Knowing what to say is important. If your child feels safe, the following statement may help to stop the bully: “Cool it! This isn’t going to solve anything.”

Connected Kids are Safe, Strong, and Secure

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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### **Acetaminophen (Tylenol, Store Brand) Dosing Information**

**\*\*Give every 4-6 hours, as needed, no more than 5 times in 24 hours\*\***

Weight of Child	Infant Drops Old Concentration 80mg/0.8ml	Infant Oral Suspension: New Concentration 160mg/5ml	Children's Elixir 160mg/5ml	Children's Tablets 80mg =1 tablet	Junior Strength 160 mg = 1 tablet
6-11 lbs (2.7-5 kg)	0.4 ml	1 ml	1 ml		
12-17 lbs (5.5-7.7 kg)	0.8 ml	2.5ml	2.5 ml	1 tablet	
18-23 lbs (8.2-10.5 kg)	1.2 ml	3.75ml	3.75 ml	1 ½ tablets	
24-35 lbs (10.9-15.9 kg)	1.6 ml (2 droppers)	5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	2.4 ml (2.5 droppers)		7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)			10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)			12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)			15 ml	6 tablets	3 tablets

### **Ibuprofen (Motrin, Advil, Store Brand) Dosing Information**

**\*\*Give every 8 hours, as needed, no more than 4 times in 24 hours\*\***

**\*\*NOT ADVISED FOR PATIENTS UNDER 6 MONTHS OF AGE\*\***

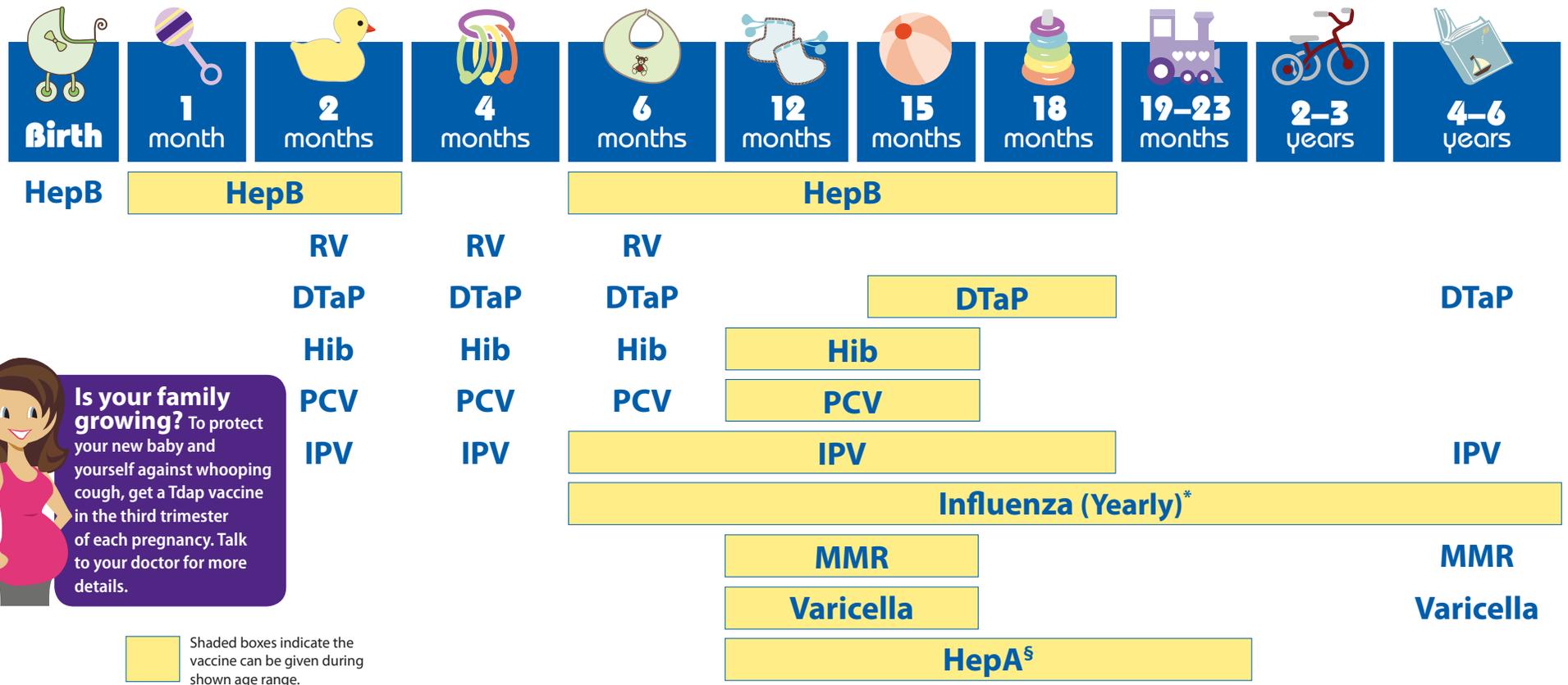
Weight of Child	Infant Drops 50mg/1.25ml	Children's Elixir 100mg/5ml	Children's Tablets 50mg/1 tablet	Junior Strength 100mg/1 tablet
Under 11 lbs (5kg)	*NOT ADVISED			
12-17lbs (5.5-7.7kg)	1.25 ml	2.5 ml		
18-23lbs (8.2-10.5kg)	1.875 ml	3.75 ml	1 tablet	
24-35 lbs (10.9-15.9 kg)	2.5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	-	7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)	-	10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)	-	12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)	-	15 ml	6 tablets	3 tablets

### **Diphenhydramine (Benadryl, Generic, Store Brand) Dosing Information**

**\*\*Give every 6 hours as needed, no more than 4 times in 24 hours\*\***

Weight of Child	Liquid 12.5mg/5ml	Chewable 12.5mg/tablet	Capsule 25mg/capsule
13.2-15.3 lbs	3 ml	-	-
15.4-17.5 lbs	3.5 ml	-	-
17.6-19 lbs	4 ml	-	-
20-24 lbs	3.75 ml	-	-
25-37 lbs	5 ml	1 tablet	-
38-49 lbs	7.5 ml	1 ½ tablets	-
50-99 lbs	10 ml	2 tablets	1 capsule
100+ lbs	-	4 tablets	2 capsules

# 2014 Recommended Immunizations for Children from Birth Through 6 Years Old



**Is your family growing?** To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

**NOTE:** If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

**FOOTNOTES:** \* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.  
 § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

*If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.*

SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.

For more information, call toll free **1-800-CDC-INFO** (1-800-232-4636) or visit <http://www.cdc.gov/vaccines>



**U.S. Department of Health and Human Services**  
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