



# Bright Futures Parent Handout 7 and 8 Year Visits

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

NUTRITION AND PHYSICAL ACTIVITY

## Staying Healthy

- Eat together often as a family.
- Start every day with breakfast.
- Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
- Limit soft drinks, juice, candy, chips, and high-fat food.
- Include 5 servings of vegetables and fruits at meals and for snacks daily.
- Limit TV and computer time to 2 hours a day.
- Do not have a TV or computer in your child's bedroom.
- Encourage your child to play actively for at least 1 hour daily.

SAFETY

## Safety

- Your child should always ride in the back seat and use a booster seat until the vehicle's lap and shoulder belt fit.
- Teach your child to swim and watch her in the water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Keep your house and cars smoke free.
- 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.

SAFETY

- Watch your child's computer use.
  - Know who she talks to online.
  - Install a safety filter.
- Know your child's friends and their families.
- Teach your child plans for emergencies such as a fire.
  - Teach your child how and when to dial 911.
- Teach your child 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.

DEVELOPMENT AND MENTAL HEALTH

## Your Growing Child

- Give your child chores to do and expect them to be done.
- Hug, praise, and take pride in your child for good behavior and doing well in school.
- Be a good role model.
- Don't hit or allow others to hit.
- Help your child to do things for himself.
- Teach your child to help others.
- Discuss rules and consequences with your child.
- Be aware of puberty and body changes in your child.
- Answer your child's questions simply.
- Talk about what worries your child.

SCHOOL

## School

- Attend back-to-school night, parent-teacher events, and as many other school events as possible.
- Talk with your child and child's teacher about bullies.
- Talk to your child's teacher if you think your child might need extra help or tutoring.
- Your child's teacher can help with evaluations for special help, if your child is not doing well.

ORAL HEALTH

## Healthy Teeth

- Help your child brush 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.
- Encourage your child to always wear a mouth guard to protect teeth while playing sports.

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



DEDICATED TO THE HEALTH OF ALL CHILDREN™

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of Bright Futures Tool and Resource Kit. Copyright © 2010 American Academy of Pediatrics. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.



# Bright Futures Patient Handout 9 and 10 Year Visits

SCHOOL

## Doing Well at School

- Try your best at school. It's important to how you feel about yourself.
- Ask for help when you need it.
- Join clubs and teams, church groups, and friends for activities after school.
- Tell kids who pick on you or try to hurt you to stop bothering you. Then walk away.
- Tell adults you trust about bullies.

## Playing It Safe

- Wear your seat belt at all times in the car. Use a booster seat if the seat belt does not fit you yet.
- Sit in the back seat until you are 13. It is the safest place.
- Wear your helmet for biking, skating, and skateboarding.
- Always wear the right safety equipment for your activities.
- Never swim alone.
- Use sunscreen with an SPF of 15 or higher when out in the sun.
- Have friends over only when your parents say it's OK.
- Ask to go home if you are uncomfortable with things at someone else's house or a party.
- Avoid being with kids who suggest risky or harmful things to do.
- Know that no older child or adult has the right to ask to see or touch your private parts, or to scare you.

SAFETY

NUTRITION AND PHYSICAL ACTIVITY

## Eating Well, Being Active

- Eat breakfast every day. It helps learning.
- Aim for eating 5 fruits and vegetables every day.
- Drink 3 cups of low-fat milk or water instead of soda pop or juice drinks.
- Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
- Eat with your family often.
- Talk with a doctor or nurse about plans for weight loss or using supplements.
- Plan and get at least 1 hour of active exercise every day.
- Limit TV and computer time to 2 hours a day.

ORAL HEALTH

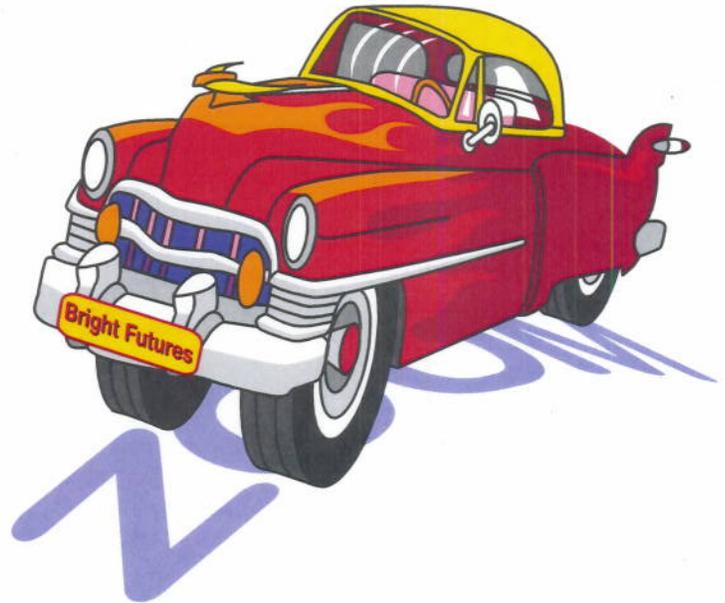
## Healthy Teeth

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Wear your mouth guard when playing sports.

DEVELOPMENT AND MENTAL HEALTH

## Growing and Developing

- Ask a parent or trusted adult questions about changes in your body.
- Talking is a good way to handle anger, disappointment, worry, and feeling sad.
- Everyone gets angry.
  - Stay calm.
  - Listen and talk through it.
  - Try to understand the other person's point of view.
- Don't stay friends with kids who ask you to do scary or harmful things.
- It's OK to have up-and-down moods, but if you feel sad most of the time, talk to us.
- Know why you say "No!" to drugs, alcohol, tobacco, and sex.



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



DEDICATED TO THE HEALTH OF ALL CHILDREN™

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of Bright Futures Tool and Resource Kit. Copyright © 2010 American Academy of Pediatrics. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.

# Healthy Communication With Your Child



Healthy communication with your child is one of the most important and rewarding skills that you can develop as a parent. It also makes the tough parts of parenting (such as disciplining your child) much easier and more effective. Good communication is a two-way street, meaning that listening to your child is just as important as talking to him.

When you talk in a calm and caring manner, you let your child know what you expect of him and give him information that he needs. You also show him that when you ask him to calm down and control his temper, you are practicing what you preach.

Listening to your child helps you learn more about what is going on with your child. You can learn his thoughts about a subject, how he is getting along socially, what problems he may be having, and whether your child is getting the message that you are trying to communicate.

Good communication is needed so that you can be a good teacher for your child and know what is happening in your child's life.

## Why is healthy communication important?

Healthy communication is important because it helps your child

- Feel cared for and loved
- Feel safe and not all alone with her worries
- Learn to tell you what she feels and needs directly in words
- Learn how to manage her feelings safely so that she does not act on feelings without thinking
- Talk to you openly
- Learn to listen to you

Healthy communication also helps *you*

- Feel close to your child
- Know your child's needs
- Know you have powerful tools to help your child develop and grow
- Manage your own stress and frustrations with your child

## What are the building blocks of healthy communication?

Here are a few important ways to build healthy communication

- **Be available.** Make time in everyone's busy schedule to stop and talk about things. Even 10 minutes a day without distractions for you and your child to talk can make a big difference in forming good communication habits. Turn off the television or radio. Give your undivided attention to your child. Sit down and look at your child while you talk. Those few minutes a day can be of great value.
- **Be a good listener.** When you listen to your child, you help your child feel loved and valued. Ask your child about his feelings on a subject. If you are not clear about what your child is saying, repeat what you are hearing to be sure that you understand what your child is trying to say. You do not

have to agree with what your child is saying to be a good listener. Sharing his thoughts with you helps your child calm down, so later he can listen to you.

- **Show empathy.** This means tuning in to your child's feelings and letting him know you understand. If your child is sad or upset, a gentle touch or hug may let him know that you understand those sad or bad feelings. Do not tell your child what he thinks or feels. Let him express those feelings. And be sure not to minimize these feelings by saying things like, "It's silly to feel that way," or "You'll understand when you get older." His feelings are real to him and should be respected.
- **Be a good role model.** Remember, children learn by example. Use words and tones in your voice that you want your child to use. Make sure that your tone of voice and what you do send the same message. For example, if you laugh when you say, "No, don't do that," the message will be confusing. Be clear in your directions. Once you get the message across, do not wear out your point. If you use words to describe your feelings, it will help your child to learn to do the same. When parents use feeling words, such as, "It makes me feel sad when you won't do what I ask you to do," instead of screaming or name calling, children learn to do the same.

## Keys to healthy communication

### Do

- Give clear, age-appropriate directions such as, "When we go to the store I expect you to be polite and stay with me." Make sure your child understands what you have said. Sometimes children do not fully understand the meanings of words they hear and use.
- Praise your child whenever you can.
- Calmly communicate your feelings.
- Be truthful.
- Listen carefully to what your child says.
- Use your talking times as teachable moments – do not miss opportunities to show your child healthy communication.
- Model what you want your child to do – practice what you preach.
- Make sure that when you are upset with your child, she knows that it is her behavior that is the problem, not the child herself.

### Don't

- Give broad, general instructions such as, "You'd better be good!"
- Name call or blame. "You are bad" should be replaced with "I don't like the way you are acting."
- Yell or threaten.
- Lie or tell your child half-truths.
- Use silence to express strong feelings. Long silences frighten and confuse children.

## Discipline is not punishment

Part of a parent's job is to discipline a child. Discipline is not punishment. Discipline is actually a form of communication. It means teaching children appropriate behavior and correcting inappropriate behavior.

How do you change a child's behavior? The most effective way is through healthy communication. Make sure to teach your child what positive behavior is and praise him when he behaves the way you want him to. Focus on the things he does right and he will be less likely to do things you do not want him to do.

No matter how old your child is, he needs you to calmly and clearly explain (in language that he can fully understand) what you expect from him and what the consequences will be (for example, taking away a privilege) if he acts inappropriately. Then, if the child does misbehave, follow through on the consequences you and he have already discussed. This way, you are not reacting purely out of anger or frustration.

## Keeping your cool

There are times when all parents feel that they are out of patience. However, it is always important to find ways to help your child to behave without hurting her feelings. Here are a few ways to calm yourself when you feel stressed, before you try to talk with your child.

- Take a few deep breaths very slowly.
- Wait 5 minutes before starting to talk to your child.
- Try to find a word to label what you are feeling (such as "disappointment"). Say it to yourself and be sure that it is appropriate for you child.
- Share your feelings of frustration with your spouse or a friend.
- Do not hold grudges. Deal only with the present.
- Seek professional help if you feel that you have lost control.

## Quick ways to offer praise

A smile and a short phrase can communicate valuable information. Here are just a few phrases that will go a long way.

- Outstanding!
- Nice work!
- Terrific!
- You made my day!
- You are so responsible.
- Good for you.
- You are really growing up!
- I like the way you share.
- Awesome!
- You figured it out on your own.
- I like the way you took care of that.
- What a good listener you are!
- You are so important to me.
- I love you so much!
- Bravo!

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.

From your doctor

American Academy  
of Pediatrics



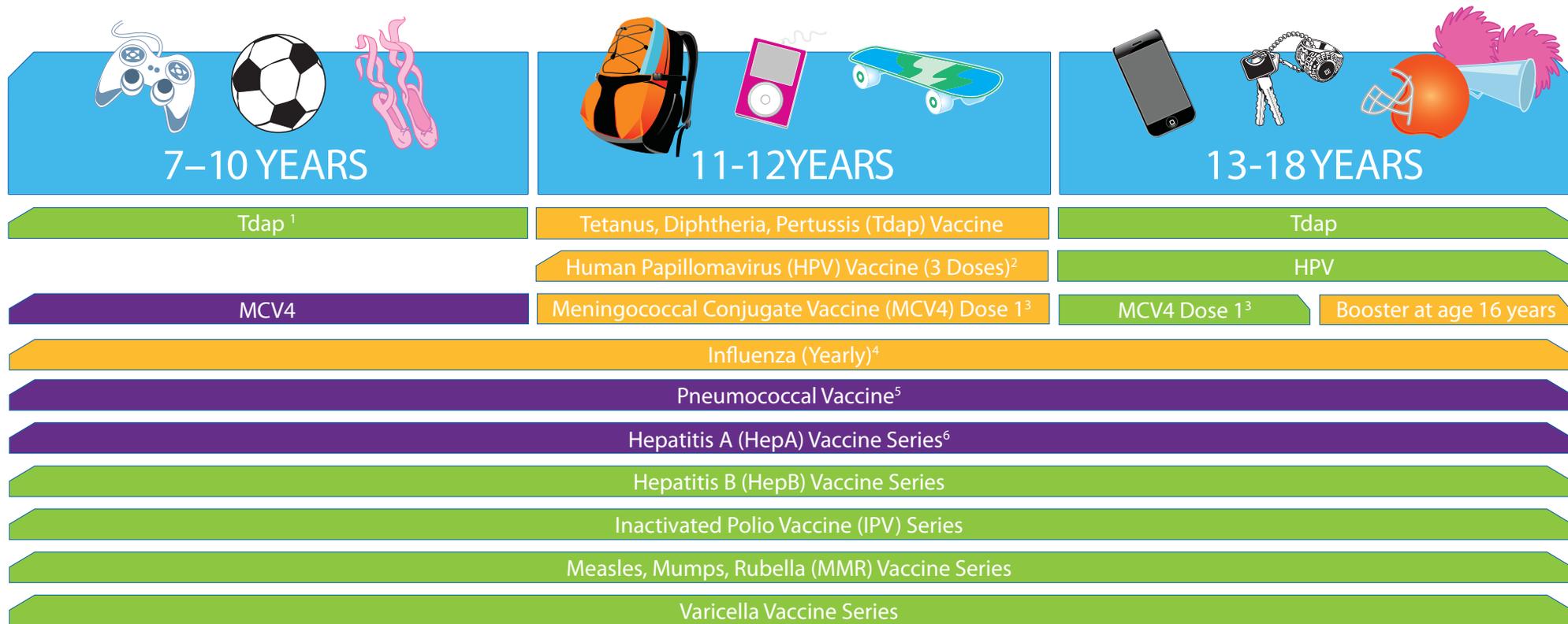
DEDICATED TO THE HEALTH OF ALL CHILDREN™

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

American Academy of Pediatrics  
Web site—[www.aap.org](http://www.aap.org)

Copyright © 2003  
American Academy of Pediatrics. Updated 9/03

# 2014 Recommended Immunizations for Children from 7 Through 18 Years Old



 These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.

 These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.

 These shaded boxes indicate the vaccine is recommended for children with certain health conditions that put them at high risk for serious diseases. Note that healthy children **can** get the HepA series<sup>6</sup>. See vaccine-specific recommendations at [www.cdc.gov/vaccines/pubs/ACIP-list.htm](http://www.cdc.gov/vaccines/pubs/ACIP-list.htm).

## FOOTNOTES

<sup>1</sup> Tdap vaccine is combination vaccine that is recommended at age 11 or 12 to protect against tetanus, diphtheria and pertussis. If your child has not received any or all of the DTaP vaccine series, or if you don't know if your child has received these shots, your child needs a single dose of Tdap when they are 7 - 10 years old. Talk to your child's health care provider to find out if they need additional catch-up vaccines.

<sup>2</sup> All 11 or 12 year olds – both girls *and* boys – should receive 3 doses of HPV vaccine to protect against HPV-related disease. Either HPV vaccine (Cervarix<sup>®</sup> or Gardasil<sup>®</sup>) can be given to girls and young women; only one HPV vaccine (Gardasil<sup>®</sup>) can be given to boys and young men.

<sup>3</sup> Meningococcal conjugate vaccine (MCV) is recommended at age 11 or 12. A booster shot is recommended at age 16. Teens who received MCV for the first time at age 13 through 15 years will need a one-time booster dose between the ages of 16 and 18 years. If your teenager missed getting the vaccine altogether, ask their health care provider about getting it now, especially if your teenager is about to move into a college dorm or military barracks.

<sup>4</sup> Everyone 6 months of age and older—including preteens and teens—should get a flu vaccine every year. Children under the age of 9 years may require more than one dose. Talk to your child's health care provider to find out if they need more than one dose.

<sup>5</sup> A single dose of Pneumococcal Conjugate Vaccine (PCV13) is recommended for children who are 6 - 18 years old with certain medical conditions that place them at high risk. Talk to your healthcare provider about pneumococcal vaccine and what factors may place your child at high risk for pneumococcal disease.

<sup>6</sup> Hepatitis A vaccination is recommended for older children with certain medical conditions that place them at high risk. HepA vaccine is licensed, safe, and effective for all children of all ages. Even if your child is not at high risk, you may decide you want your child protected against HepA. Talk to your healthcare provider about HepA vaccine and what factors may place your child at high risk for HepA.

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



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN<sup>™</sup>



AMERICAN ACADEMY OF FAMILY PHYSICIANS  
STRONG MEDICINE FOR AMERICA

### **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