



# Bright Futures Patient Handout 7 and 8 Year Visits

## Doing Well at School

- Try your best at school. Doing well in school is important to how you feel about yourself.
- Ask for help when you need it.
- Join clubs and teams you like.
- Tell kids who pick on you or try to hurt you to stop it. Then walk away.
- Tell adults you trust about bullies.

## Playing It Safe

- Don't open the door to anyone you don't know.
- Have friends over only when your parents say it's OK.
- Wear your helmet for biking, skating, and skateboarding.
- Ask a grown-up for help if you are scared or worried.
- It is OK to ask to go home and be with your Mom or Dad.
- Keep your private parts, the parts of your body covered by a bathing suit, covered.
- Tell your parent or another grown-up right away if an older child or grown-up shows you their private parts, asks you to show them yours, or touches your private parts.
- Always sit in your booster seat and ride in the back seat of the car.

## Eating Well, Being Active

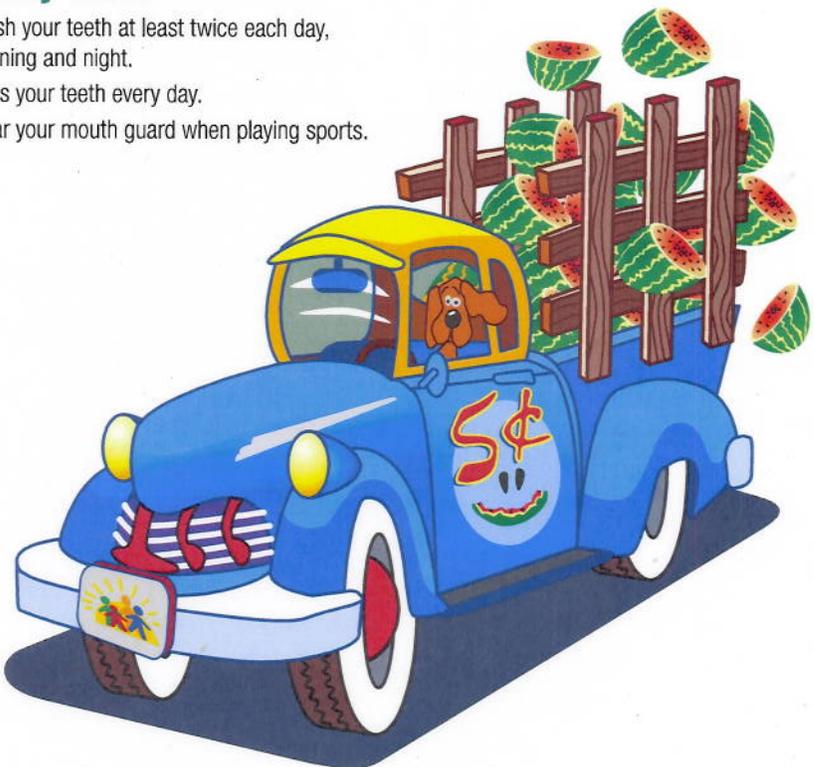
- Eat breakfast every day.
- Aim for eating 5 fruits and vegetables every day.
- Only drink 1 cup of 100% fruit juice a day.
- Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
- Eat healthful snacks like fruit, cheese, and yogurt.
- Eating healthy is important to help you do well in school and sports.
- Eat with your family often.
- Drink at least 2 cups of milk daily.
- Match every 30 minutes of TV or computer time with 30 minutes of active play.

## 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.

## Handling Feelings

- Talk about feeling mad or sad with someone who listens well.
- Talk about your worries. It helps.
- Ask your parent or other trusted adult about changes in your body.
- Even embarrassing questions are important. It's OK to talk about your body and how it's changing.



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# Bright Futures Patient Handout 9 and 10 Year Visits

## 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.

## 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.

## 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.

## 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.



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# Positive Parenting Tips for Healthy Child Development



## Middle Childhood (9 - 11 years old)

### Developmental Milestones

Your child's growing independence from the family and interest in friends might be obvious by now. Healthy friendships are very important to your child's development, but peer pressure can become strong during this time. Children who feel good about themselves are more able to resist negative peer pressure and make better choices for themselves. This is an important time for children to gain a sense of responsibility along with their growing independence. Also, physical changes of puberty might be showing by now, especially for girls. Another big change children need to prepare for during this time is starting middle or junior high school.



During this time, your child might:

- Form stronger, more complex friendships and peer relationships. It becomes more emotionally important to have friends, especially of the same sex.
- Experience more peer pressure.
- Become more independent from the family.
- Become more aware of his or her body as puberty approaches. Body image and eating problems sometimes start around this age. For information on healthy eating and exercise for children and teenagers, visit [http://kidshealth.org/parent/nutrition\\_fit/index.html](http://kidshealth.org/parent/nutrition_fit/index.html).
- Face more academic challenges at school.

(Adapted with permission from Bright Futures: Green M, Palfrey JS, editors. Bright Futures Family Tip Sheets: Middle childhood. Arlington (VA): National Center for Education in Maternal and Child Health; 2001.)

For more information, visit the American Academy of Pediatrics Developmental Stages website at <http://aap.org/healthtopics/stages.cfm>.

### Positive Parenting

You can help your child become independent, while building his or her sense of responsibility and self-confidence at the same time. Here are some suggestions:

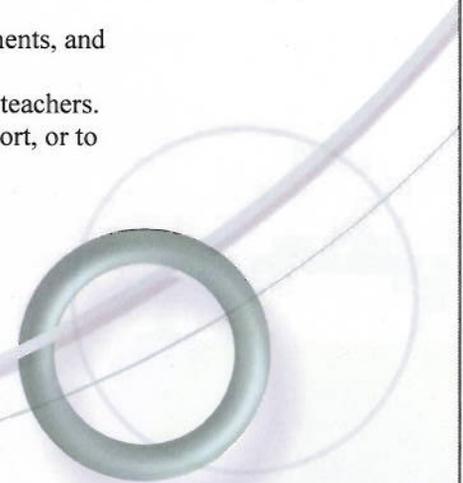
- Spend time with your child. Talk with her about her friends, her accomplishments, and what challenges she will face.
- Be involved with your child's school. Go to school events; meet your child's teachers.
- Encourage your child to join school and community groups, such as a team sport, or to take advantage of volunteer opportunities.
- Help your child develop his own sense of right and wrong. Talk with him about risky things friends may pressure him to do, like smoking or dangerous physical dares.

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- Help your child develop a sense of responsibility—involve your child in household tasks. Talk to your child about saving and spending money wisely.
- Meet the families of your child's friends.
- Talk with your child about respecting others. Encourage your child to help people in need. Talk with him or her about what to do when others are not kind or are disrespectful.
- Help your child set his own goals. Encourage him to think about skills and abilities he would like to have and about how to develop them.
- Make clear rules and stick to them. Talk to your child about what you expect from her when no adults are supervising. If you provide reasons for rules, it will help your child to know what to do in those situations.
- Use discipline to guide and protect your child, instead of punishment to make him feel badly about himself.
- Talk with your child about the normal physical and emotional changes of puberty.
- Encourage your child to read every day. Talk with her about her homework.
- Be affectionate and honest with your child, and do things together as a family.

## Child Safety First

More independence and less adult supervision can put children at risk for injuries from falls and other accidents. Motor vehicle crashes are the most common cause of death from unintentional injury among children of this age.

- Protect your child in the car. All children younger than 12 years of age should ride in the back seat with a seat belt properly fastened. Children should ride in a car seat or booster seat until they are 4 feet 9 inches tall (because adult seat belts do not fit people under this height). Visit the **National Highway Traffic Safety Administration** (<http://www.nhtsa.dot.gov/people/injury/childps/newtips/index.htm>) for more information.
- Know where your child is and whether an adult is present. Make plans with your child for when he will call you, where you can find him, and what time you expect him home.
- Many children get home from school before their parents get home from work. It is important to have clear rules and plans for your child when she is home alone. Visit **KidsHealth: When It's Just You After School** (<http://kidshealth.org/kid/watch/house/homealone.html>) for safety tips for your child at home when you can't be there.

## Links for Parents

**CDC's Healthy Youth!** webpage (<http://www.cdc.gov/HealthyYouth/healthtopics/index.htm>) has information about six kinds of health behavior that contribute to the leading causes of death and disability for teenagers and adults. Other important issues affecting children and teenagers are also addressed.

**KidsHealth** (<http://kidshealth.org/index.html>) by the Nemours Foundation has very useful information for parents, teens, and kids.

**Talk With Your Kids** (<http://www.talkwithkids.org/>) is a national initiative by **Children Now** (<http://www.childrennow.org/>) and the **Kaiser Family Foundation** (<http://www.kff.org/>) to encourage parents to talk with their children early and often about tough issues like sex, HIV/AIDS, violence, and alcohol and drug abuse.

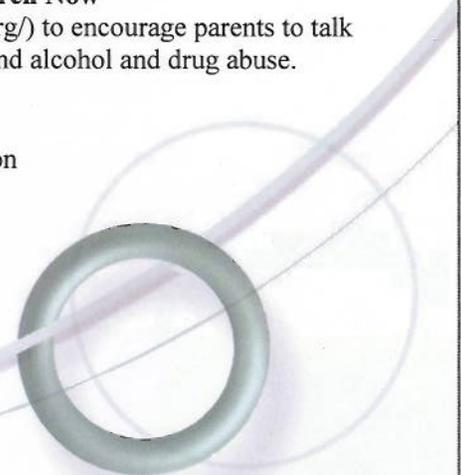
**The National Highway Traffic Safety Administration** (<http://www.nhtsa.dot.gov/people/injury/childps/newtips/index.htm>) has information on safety recalls, and safety tips for children riding in motor vehicles, walking, biking, playing outside, waiting at school bus stops, and more.

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# Encourage Your Child to Be Physically Active



Today's youth are less active and more overweight than any previous generation.

## Did you know?

- Children on average spend nearly 3 hours a day watching TV.
- Only half of children and teens, aged 12 to 21, regularly exercise.
- Illinois is the only state that still mandates that physical education be offered in public schools.
- More than 15% of all school children are considered obese or overweight.
- Overweight teens have a 70% chance of becoming overweight or obese adults.
- Eighty-five percent of children diagnosed with type 2 diabetes are either overweight or obese.
- Sleep apnea occurs in approximately 7% of children who are obese.

## Get the entire family moving

With participation in all types of physical activity declining dramatically as a child's age and grade in school increases, it is important that physical activity be a regular part of family life. Studies have shown that lifestyles learned as children are much more likely to stay with a person into adulthood. If sports and physical activities are a family priority, they will provide children and parents with a strong foundation for a lifetime of health.

## The benefits of physical activity

While exercise is vital to the health and well-being of children, many of them either do not appreciate or fully understand the many emotional and physical health benefits of physical activity.

The benefits of physical activity include

### Benefits to the body

- Builds and maintains healthy bones, muscles, and joints.
- Controls weight and body fat.
- Improves appearance.
- Increases muscle strength, endurance, and flexibility.
- Improves ability to fall asleep quickly and sleep well.
- Reduces the risk of diabetes, high blood pressure, and heart disease later in life.
- Builds and improves athletic skills.

## Mental benefits

- Increases enthusiasm and optimism.
- Organized sports foster teamwork and friendship.
- Boosts self-esteem.
- Reduces anxiety, tension, and depression.

## Getting started

Parents can play a key role in helping their child become more physically active.

Following are 11 ways to get started:

1. **Talk to your pediatrician.** Your pediatrician can help your child understand why physical activity is important. Your pediatrician also can suggest a sport or activity that is best for your child.
2. **Find a fun activity.** Help your child find a sport that she enjoys. The more she enjoys the activity, the more likely it is that she will continue. Get the entire family involved. It is a great way to spend time together.
3. **Choose an activity that is developmentally appropriate.** For example, a 7- or 8- year-old child is not ready for weight lifting or a 3-mile run, but soccer, bicycle riding, and swimming are all appropriate activities.
4. **Plan ahead.** Make sure your child has a convenient time and place to exercise.
5. **Provide a safe environment.** Make sure your child's equipment and chosen site for the sport or activity are safe. Make sure your child's clothing is comfortable and appropriate.
6. **Provide active toys.** Young children especially need easy access to balls, jump ropes, and other active toys.
7. **Be a model for your child.** Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.
8. **Play with your child.** Help her learn a new sport.
9. **Turn off the TV.** Limit television watching and computer use. The American Academy of Pediatrics recommends no more than 1 to 2 hours of total screen time, including TV, videos, and computers and video games, each day. Use the free time for more physical activities.

**10. Make time for exercise.** Some children are so overscheduled with homework, music lessons, and other planned activities that they do not have time for exercise.

**11. Do not overdo it.** When your child is ready to start, remember to tell her to listen to her body. Exercise and physical activity should not hurt. If this occurs, your child should slow down or try a less vigorous activity. As with any activity, it is important not to overdo it. If your child's weight drops below an average, acceptable level, or if exercise starts to interfere with school or other activities, talk with your pediatrician.

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

### Remember

There is a powerful relationship between childhood obesity and lifelong weight and related medical problems.

Exercise along with a balanced diet provides the foundation for a healthy, active life. One of the most important things parents can do is encourage healthy habits in their children early on in life. It is not too late to start. Ask your pediatrician about tools for healthy living today.

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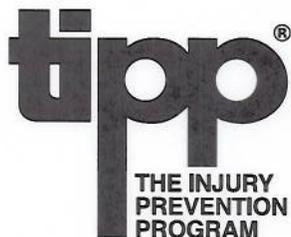
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# 8 Years



## 8 YEARS

### Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most injuries!**

At age 8, children are now taking off on their own. They look to friends for approval. They try to do daring things. They may not want to obey grown-up rules. But your child can learn safety rules with your help and reminders. Your child now goes out more without you and could drown, be hurt on a bike, or be hit by a car. And your child still can be hurt or killed while riding in a car if he is not buckled by a seat belt.

#### Sports Safety

Ask your doctor which sports are right for your child. **Be sure your child wears all the protective equipment made for the sport**, such as shin pads, mouth guards, wrist guards, eye protection, or helmets. Your child's coach also should be able to help you select protective equipment.

#### Water Safety

At this age, your child is not safe alone in water, even if he or she knows how to swim. **Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. Never let your child swim in canals or any fast-moving water.** Teach your child to always enter the water feet first.

#### And Remember Bike Safety

**Make sure your child always wears a helmet** while riding a bike. Now is the time to teach your child "Rules of the Road." Be sure he or she knows the rules and can use them. Watch your child ride. See if he or she is in control of the bike. See if your child uses good judgment. Your 8-year-old is not old enough to ride at dusk or after dark. Make sure your child brings the bike in when the sun starts to set.

#### Car Safety

**NEVER start the car until you've checked to be sure that your child is properly restrained in a booster seat.** Your child should use a booster seat until the lap belt can be worn low and flat on the hips and the shoulder belt can be worn across the shoulder rather than the face or neck (usually at about 80 pounds and about 4 feet 9 inches tall). Be sure that you and all others in the car are buckled up, too. Install shoulder belts in the back seat of your car if they are not already there. Serious injuries can occur with lap belts alone. **The safest place for all children to ride is in the back seat.**



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## Firearm Hazards

It is best to keep all guns out of your home. If you choose to keep a gun, store it unloaded and in a locked place, separate from ammunition. Ask if the homes where your child visits or is cared for have guns and how they are stored. Your child is at greater risk of being shot by himself, his friends, or a family member than of being injured by an intruder.



**Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR. Be prepared... for your child's sake!**

## SAFETY IN A KID'S WORLD

**Dear Parent:** Your child is old enough to start learning how to prevent injuries. The games below are designed to help your child think about safety. Read the messages with your child and talk about them together. Then take this safety sheet home and post it where everyone can see it.

**It takes time to form a safety habit. Remind each other what it says. Make safety a big part of your lives.**



### Bike Safety

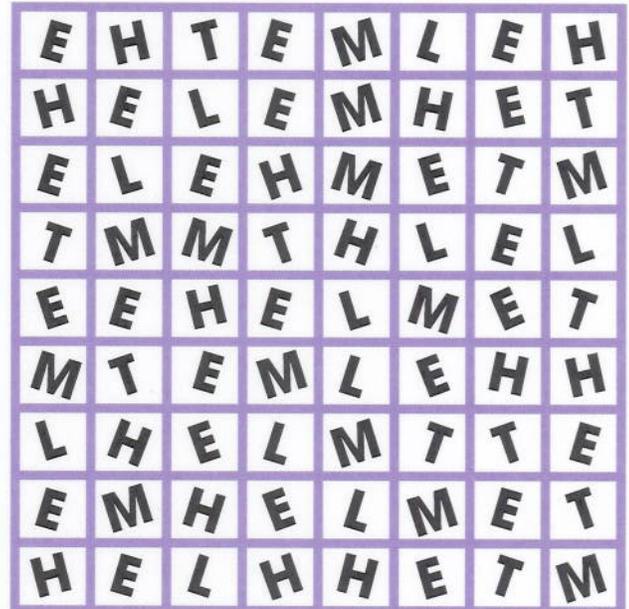
Always wear a 

when you ride your



Get the Helmet Habit!

**Directions:** Can you find the word "HELMET" in 9 different places (any direction)?



1. When turning or stopping,
2. LOOK both ways,
3. Always ride
4. Always stop at
5. When you ride on the sidewalk
6. Smart riders always



at street corners and driveways.

STOP signs and the curb.

wear their helmet.

watch out for people.

always use hand signals.

to the right.

### "Rules of the Road"

teaches you to ride your bike safely.

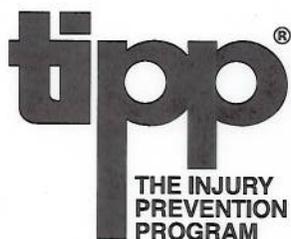
**Directions:** Here are 6 important "Rules of the Road." Draw a line from the first part of the rule to the correct ending to complete the sentence. The first one is done for you.

From Your Doctor



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# 10 Years



## 10 YEARS

### Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most major injuries** if you and your child take a few simple steps.

At age 10, children will do more things away from home. They will spend more time on a bike or in a car and will not see the need for adults to watch over them. You must take charge; you must **remind your child of safety!** It takes only a few steps to prevent major, common injuries.

#### Firearm Hazards

It is best to keep all guns out of your home. **Handguns are especially dangerous.** If you choose to keep a gun, store it unloaded and in a locked place, separate from ammunition. Your child is in more danger of being shot by himself, his friends, or a family member than of being injured by an intruder.

Ask if the homes where your child visits have a gun and how it is stored. Talk to your child about guns in school or on the streets. Find out if your child's friends carry guns.

#### Sports Safety

At this age your child may be playing baseball, soccer, or other sports. Ask your doctor which sports are right for his or her age. **Be sure your child wears the protective equipment made for that sport**, such as shin pads, mouth guards, wrist guards, eye protection, and helmets. Ask your child's coach what is needed.

#### And Remember Car Safety

Your child must **buckle the seat belt EVERY TIME** he or she rides in any car. Booster seats should be used until the lap belt can be worn low and flat on your child's hips and the shoulder belt can be worn across the shoulder rather than the face or neck (usually at about 80 pounds and 4 feet 9 inches tall). Remind your child to buckle up when riding with others. *Ask your child to remind you to buckle up, too!* Install shoulder belts in the back seat of your car if they are not already there. Serious injuries can happen to your child when a lap belt is used alone. **The safest place for all children to ride is in the back seat.**

#### Bike Safety

Your child may want to ride his or her bike further away from home. Teach your child the "Rules of the Road" and be sure your child knows them. You must watch your child to be sure he or she can handle a bike safely. **Make sure your child always wears a helmet** while riding a bike. It is still very dangerous for your child to ride at dusk or after dark. Make sure your child brings in the bike as soon as the sun starts to set.

**Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR. Be prepared...for your child's sake!**



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# Child Car Seat Safety

Although the use of child safety seats has grown, more than 40% of children under age eight who die or suffer serious injuries in car crashes are not restrained with car seats or seat belts.

## Child Safety Seat Tips:

- The best child safety seat fits both the child and the vehicle, and is installed and used the right way every time.
- Use a seat that meets federal standards and has them clearly labeled on the seat.
- Fill out and return the product registration card so you can be reached if the seat is recalled.
- Don't use seats that have been in a crash or been altered. If you buy a used car seat, know its history.
- NEVER place a rear-facing car seat in the front seat of a car with an air bag.
- The best place for any car safety seat is in the back seat of the vehicle.
- Children who have outgrown child safety seats should be restrained in booster seats until they are at least eight years old or 4 feet 9 inches tall.
- Children copy adults. Set an example and buckle up on every trip.

Use the chart below to help you decide which seat is the safest for your child.

Proper Child Safety Seat Use Chart Buckle Everyone. Children Age 12 and Under in Back!			
	INFANTS	TODDLERS	YOUNG CHILDREN
AGE/WEIGHT	Birth to 1 year and at least 20 lbs.	1-4 years and at least 20 lbs.	Over 40 lbs. Ages 4-8, or until they are 4'9" tall
TYPE of SEAT	<ul style="list-style-type: none"> <li>• Infant-only seat/rear-facing or</li> <li>• Convertible seat/rear-facing</li> </ul>	<ul style="list-style-type: none"> <li>• Convertible seat/forward-facing,</li> <li>• Forward-facing seat only or</li> <li>• High back booster/harness</li> </ul>	<ul style="list-style-type: none"> <li>• Belt-positioning booster seat or</li> <li>• High back belt positioning-booster</li> </ul>
SEAT POSITION	Rear-facing only at 45° angle	Forward-facing	Forward-facing
ALWAYS MAKE SURE:	<ul style="list-style-type: none"> <li>• Birth to 1 year and at least 20 lbs. in rear-facing seats</li> <li>• Under 1 year, but 20-35 lbs. – use Convertible seat/rear-facing only, recommended for heavier infants</li> <li>• Harness straps at or below shoulder level (usually lower set of slots for most convertible seats)</li> <li>• Harness straps snug on child</li> <li>• Harness clip at armpit level</li> </ul>	<ul style="list-style-type: none"> <li>• Harness straps should be at or above shoulders (usually top set of slots for convertible seat)</li> </ul>	<ul style="list-style-type: none"> <li>• Belt-positioning booster seats must be used with both lap and shoulder belt</li> <li>• Shoulder belt should fit snugly across chest, rest on shoulder, and NEVER be placed under the arm or behind the back</li> <li>• Make sure the lap belt fits low and tight across the lap/upper thigh area – not across the stomach</li> </ul>
WARNING	NEVER place a rear-facing seat in a front seat with an air bag	Children age 12 and under should ride in the back seat	Children age 12 and under should ride in the back seat

Excerpt: National Highway Traffic Safety Administration

## Have Your Child Seat Inspected

There are Inspection Stations nation-wide that will teach you how to properly install and use your child safety seat. To find one near you, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) and click on "Child Seat Inspections".



Source: American Academy of Pediatrics and National Highway Traffic Safety Administration

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