



# BRIGHT FUTURES HANDOUT ► PATIENT

## 7 AND 8 YEAR VISITS

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

### ✓ TAKING CARE OF YOU

- If you get angry with someone, try to walk away.
- Don't try cigarettes or e-cigarettes. They are bad for you. Walk away if someone offers you one.
- Talk with us if you are worried about alcohol or drug use in your family.
- Go online only when your parents say it's OK. Don't give your name, address, or phone number on a Web site unless your parents say it's OK.
- If you want to chat online, tell your parents first.
- If you feel scared online, get off and tell your parents.
- Enjoy spending time with your family. Help out at home.

### ✓ HANDLING FEELINGS

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

### ✓ EATING WELL AND BEING ACTIVE

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Wear a mouth guard when playing sports.
- Eat breakfast every day.
- Be a healthy eater. It helps you do well in school and sports.
  - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
  - Eat when you're hungry. Stop when you feel satisfied.
  - Eat with your family often.
- If you drink fruit juice, drink only 1 cup of 100% fruit juice a day.
- Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
- Have healthy snacks such as fruit, cheese, and yogurt.
- Drink at least 3 glasses of milk daily.
- Turn off the TV, tablet, or computer. Get up and play instead.
- Go out and play several times a day.

### ✓ DOING WELL AT SCHOOL

- Try to do your best at school. Doing well in school helps you feel good about yourself.
- Ask for help when you need it.
- Find clubs and teams to join.
- Tell kids who pick on you or try to hurt you to stop. Then walk away.
- Tell adults you trust about bullies.

## 7 AND 8 YEAR VISITS—PATIENT



### PLAYING IT SAFE

- Make sure you're always buckled into your booster seat and ride in the back seat of the car. That is where you are safest.
- Wear your helmet and safety gear when riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Ask your parents about learning to swim. Never swim without an adult nearby.
- Always wear sunscreen and a hat when you're outside. Try not to be outside for too long between 11:00 am and 3:00 pm, when it's easy to get a sunburn.
- Don't open the door to anyone you don't know.
- Have friends over only when your parents say it's OK.
- Ask a grown-up for help if you are scared or worried.
- It is OK to ask to go home from a friend's house 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 a grown-up
  - Shows you his or her private parts.
  - Asks you to show him or her yours.
  - Touches your private parts.
  - Scares you or asks you not to tell your parents.
  - If that person does any of these things, get away as soon as you can and tell your parent or another adult you trust.
- If you see a gun, don't touch it. Tell your parents right away.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

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# BRIGHT FUTURES HANDOUT ► PARENT

## 7 AND 8 YEAR VISITS

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

### ✓ HOW YOUR FAMILY IS DOING

- Encourage your child to be independent and responsible. Hug and praise her.
- Spend time with your child. Get to know her friends and their families.
- Take pride in your child for good behavior and doing well in school.
- Help your child deal with conflict.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs. If you're worried about a family member's use, let us know, or reach out to local or online resources that can help.
- Put the family computer in a central place.
  - Know who your child talks with online.
  - Install a safety filter.

### ✓ YOUR GROWING CHILD

- Give your child chores to do and expect them to be done.
- Be a good role model.
- Don't hit or allow others to hit.
- Help your child do things for himself.
- Teach your child to help others.
- Discuss rules and consequences with your child.
- Be aware of puberty and changes in your child's body.
- Use simple responses to answer your child's questions.
- Talk with your child about what worries him.

### ✓ STAYING HEALTHY

- Take your child to the dentist twice a year.
- Give a fluoride supplement if the dentist recommends it.
- Help your child brush her 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.
- Encourage your child to always wear a mouth guard to protect her teeth while playing sports.
- Encourage healthy eating by
  - Eating together often as a family
  - Serving vegetables, fruits, whole grains, lean protein, and low-fat or fat-free dairy
  - Limiting sugars, salt, and low-nutrient foods
- Limit screen time to 2 hours (not counting schoolwork).
- Don't put a TV or computer in your child's bedroom.
- Consider making a family media use plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- Encourage your child to play actively for at least 1 hour daily.

### ✓ SCHOOL

- Help your child get ready for school. Use the following strategies:
  - Create bedtime routines so he gets 10 to 11 hours of sleep.
  - Offer him a healthy breakfast every morning.
- 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 with your child's teacher if you think your child might need extra help or tutoring.
- Know that your child's teacher can help with evaluations for special help, if your child is not doing well in school.

**Helpful Resources:** Family Media Use Plan: [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan)

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: [www.safercar.gov/parents](http://www.safercar.gov/parents) | Toll-free Auto Safety Hotline: 888-327-4236

# 7 AND 8 YEAR VISITS—PARENT

## ✓ SAFETY

- The back seat is the safest place to ride in a car until your child is 13 years old.
- Your child should use a belt-positioning booster seat until the vehicle's lap and shoulder belts fit.
- Teach your child to swim and watch her in the water.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on her exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.
- 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 adult should ask a child to keep secrets from parents.
  - No adult should ask to see a child's private parts.
  - No adult should ask a child for help with the adult's own private parts.

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# 7-10 years old

Name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

## Fueling your thoughts

- Do you eat breakfast every day?
- Do you eat fruits and vegetables every day?
- How many meals do you eat with your family each week?
- How often do you eat fast foods?
- What do you drink with meals?
- How much physical activity do you get every day?
- What activities do you do as a family? What are your favorite activities?
- How much time do you spend watching TV, playing on the computer, videogames, or texting every day?

## Nutrition Advice

**Breakfast** ~ Eating breakfast every day helps children do well in school and improves overall health.

**Lunch** ~ Buying school meals can be nutritious and time saving; review school menus with your child and plan ahead. When packing lunches, it is important to include at least 4 out of the 5 food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein).

**Snacks** ~ Eat only when hungry. Stock up on ready-to-eat vegetables, fruit, low fat cheese, yogurt, milk, lean meats, whole grain crackers, bread, low sugar cereal or nuts.

**Dinner** ~ Eat as many meals as possible as a family at the dinner table. Be sure to slow down, enjoy, and turn off the TV.

**Eating Out** ~ Keep portion sizes small or share meals (don't "super size").

- Choose fruit or salad instead of French fries, milk instead of soft drinks, baked or broiled instead of fried.
- Limit dressings and mayonnaise; ask for them on the side or choose low fat options.

**Beverages** ~Think your Drink!

- The best choices are water, low fat (1%) or nonfat (skim) milk and 100% fruit juice (limit fruit juice to 1 cup or 8 oz. serving per day).

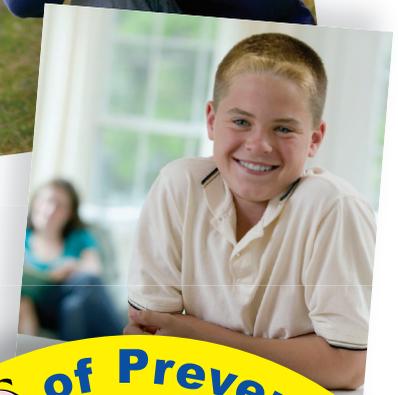
- Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.

## Be Active

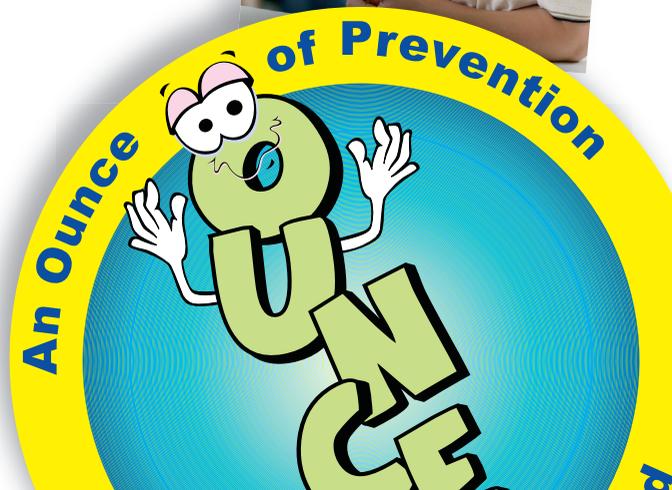
- Be active 60 minutes every day. Focus on FUN, including both organized and free play.
- Count time spent doing chores: car washing, walking the dog, dusting, sweeping, pulling weeds, raking or shoveling snow.

## Parents

- Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).
- Be a good role model for your kids – be physically active and eat healthy foods.
- "Screen time" (computers, TV, gaming systems, texting, etc) should be limited to 2 hours or less daily (pre-plan how "screen time" will be used).
- Screens may be monitored easily if moved to a common area; keep them out of child's bedroom.
- Make sure your child is sleeping at least 10-11 hours per night. Keeping regular bed time is critical to good health and weight maintenance.
- If you have concerns about your child's weight, physical activity or eating behaviors, ask your healthcare provider.
- For more information visit [www.mypyramid.gov](http://www.mypyramid.gov)



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## Healthy Sleep Habits for Older Children and Teens

Sleep is important at all ages. Sleep problems are common among many children and teens and can affect their focus while at school, work, or home. Not enough sleep (sleep deprivation) can also affect their mood, behavior, emotional health, and weight. Almost one-fourth of all children have some type of sleep problem. Poor sleep habits are often to blame. But sometimes the cause is a medical condition.

The American Academy of Sleep Medicine and the American Academy of Pediatrics recommend that children get the following amount of sleep every day:

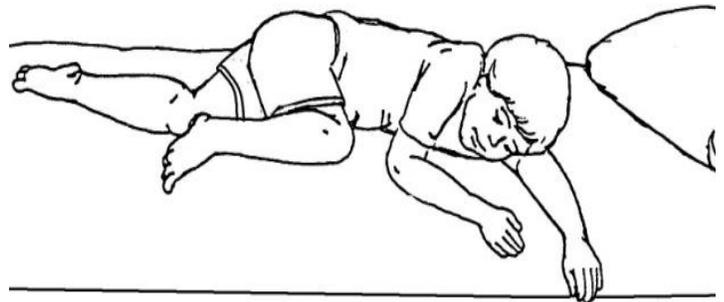
- Gradeschoolers 6 to 12 years get 9 to 12 hours
- Teens aged 13 to 18 get 8 to 10 hours.

As a child gets older and reaches puberty, sleep patterns may change. Your child may want to sleep longer in the mornings and stay awake later at night, even though the time needed to wake up for school does not change.

### What to do

- Make it a family priority to get enough sleep. Set clear limits, such as what time lights must be turned off.
- Have a bedtime routine.
  - Do relaxing things to help wind down, like taking a bath, listening to music, or reading a book.
  - Create a soothing environment. Make sure the room is not too cold or too hot and dim the lights. It is okay to use a nightlight.
  - Spend some special time with your child before turning the lights off. Stick to topics that will not upset him or her.
  - Set an alarm clock for the morning wake-up time.

- Keep a regular sleep schedule. Your child should try to go to sleep and wake up at the same time every day, even on weekends. If he likes to sleep later on the weekends, he should wake up within 2 hours of the weekday wake-up time. For example, if his wake-up time is at 7 AM during the week, then the weekend wake-up time should be no later than 9 AM.
- Your child should avoid daytime naps. Napping during the day can make it harder to fall asleep at night.
- Keep your child active during the day but avoid strenuous exercise before bedtime. Try not to schedule too many activities, especially at night.
- Your child should avoid drinks with caffeine, such as sodas, energy drinks, coffee and tea, especially in the afternoon and evenings.
- Avoid a big meal before bedtime but your child should not go to bed hungry. A light snack before bed is a good idea.
- Use beds only for sleep. Do not allow eating or watching TV in bed (Picture 1). If needed, completely remove the TV from the bedroom.
- Turn off any device with a lighted screen, such as cell phones, electronic games, and the computer, at least one hour before bedtime. The light from the screens can cause sleep problems that will keep your child awake.
- Teach him to go to sleep when he is sleepy before he gets a “second wind.”



**Picture 1** Use the bed only for sleeping.

If your child cannot fall asleep after lying in bed for 20 minutes, have him get out of bed and do something until he feels sleepy. It may take up to 2 weeks to see results from these changes. So, do not give up in the first week!

## **When to call your doctor**

Call your doctor or the Nationwide Children's Hospital Sleep Clinic at 614-722-4613 if:

- Sleep problems continue even after you follow the tips above.
- Your child snores or has pauses in breathing when sleeping.
- Your child is excessively drowsy or unexpectedly falls asleep during the day.
- Your child's behavior and success in school changes due to lack of sleep.
- You have any other questions or concerns.

## SUGGESTED SCREEN TIME USE BY AGE



### 18 MONTHS AND YOUNGER

Avoid use of screen media other than video-chatting.



### 18 - 24 MONTHS

Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.



### 2 - 5 YEARS

Limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.



### 6 - 12 YEARS

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.



### 12 YEARS AND OLDER

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.