



# 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.

SCHOOL

### 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

### 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.

NUTRITION AND PHYSICAL ACTIVITY

### Healthy Teeth

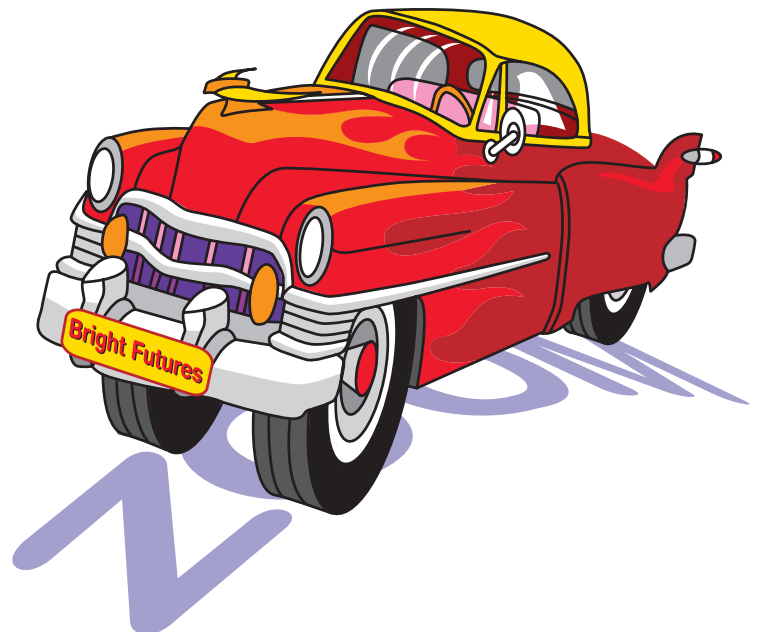
- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Wear your mouth guard when playing sports.

ORAL 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.

DEVELOPMENT AND MENTAL HEALTH



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Child's Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Date: \_\_\_\_\_

# Bright Futures Parent Supplemental Questionnaire 9 and 10 Year Visits

For us to provide your child with the best possible health care, we would like to know how things are going.  
Please circle Yes or No for each question. Thank you.

School		
Do you show interest in your child's school and after-school activities?	Yes	No
Do you set routines for your child's homework and create a quiet environment to do homework?	Yes	No
Do you know what signs to look for if your child is being bullied or teased?	Yes	No

Your Growing Child: Development and Mental Health		
Does your child do simple chores around the house?	Yes	No
Do you encourage your child to make good decisions?	Yes	No
Is your child a happy person?	Yes	No
Has your child been having any recent problems in school or at home?	No	Yes
Do you teach your child that it is not OK to use alcohol, cigarettes, and drugs?	Yes	No
Do you answer your child's questions about sex?	Yes	No
Do you teach your child that it is important to wait to have sex?	Yes	No
Does your child know that it is never OK for an adult to tell a child to keep secrets from her parents?	Yes	No
Does your child know that it is never OK for an older child or adult to ask to see his private parts?	Yes	No
Do you feel comfortable talking to and answering your child's questions about her changing body?	Yes	No

Staying Healthy: Nutrition and Physical Activity		
Does your child eat at least 5 servings of fruits and vegetables a day?	Yes	No
Does your child drink at least 3 servings of low-fat milk a day or eat yogurt or cheese?	Yes	No
Does your child regularly eat breakfast?	Yes	No
Do you limit foods that are high in fat, like candy, soft drinks, salty snacks, or fast food?	Yes	No
Do you eat meals together as a family at least once a week?	Yes	No

continued on page 2



## Staying Healthy: Nutrition and Physical Activity *continued from page 1*

Do you have any concerns about your child's weight?	No	Yes
Is your child active at least 1 hour every day?	Yes	No
Does your child watch TV, play video games, or use the computer (not for schoolwork) more than 2 hours a day?	No	Yes

## Healthy Teeth: Oral Health

Does your child brush his teeth twice a day?	Yes	No
Does your child floss once a day?	Yes	No
Does your child visit the dentist twice a year?	Yes	No
If your child is playing sports, does she always wear a mouth guard to protect teeth?	Yes	No

## Safety

Does anyone smoke around your child?	No	Yes	
If you smoke, would you like information on how to stop?	Yes	No	
Do you tell your child that using drugs is bad?	Yes	No	
Does your child know how to get help in an emergency when you are not there?	Yes	No	
Does everyone in the family use a seat belt?	Yes	No	
Does your child sit in the back seat every time he rides in the car in a booster seat with the seat belt on?	Yes	No	
Does your child always wear a helmet and other protective gear when biking, skating, or skiing?	Yes	No	
Does your child know how to swim and only swim when an adult is watching?	Yes	No	
Do you always put sunscreen on your child before she goes outside to play or swim?	Yes	No	
Does anyone in your home or the homes where your child spends time have a gun?	No	Yes	
If so, are the guns unloaded and locked away with the ammunition locked separately from the gun?	N/A	Yes	No
Do you know your child's friends and their families?	Yes	No	



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# Bright Futures Medical Screening Questionnaire 7 and 9 Year Visits

Please answer the following questions about your child's health by circling Y, N, or Unsure.

Do you have concerns about how your child sees?	Y	N	Unsure
Has your child ever failed a school vision screening test?	Y	N	Unsure
Does your child tend to squint?	Y	N	Unsure
Do you have concerns about how your child speaks?	Y	N	Unsure
Do you have concerns about how your child hears?	Y	N	Unsure
Does your child have trouble hearing with a noisy background or over the telephone?	Y	N	Unsure
Does your child have trouble following the conversation when 2 or more people are talking at the same time?	Y	N	Unsure
Was your child born in a country at high risk for tuberculosis (countries other than the United States, Canada, Australia, New Zealand, or Western Europe)?	Y	N	Unsure
Has your child traveled (had contact with resident populations) for longer than 1 week to a country at high risk for tuberculosis?	Y	N	Unsure
Has a family member or contact had tuberculosis or a positive tuberculin skin test?	Y	N	Unsure
Is your child infected with HIV?	Y	N	Unsure
Does your child eat a strict vegetarian diet?	Y	N	Unsure
If your child is a vegetarian, does your child take an iron supplement?	N	Y	Unsure
Does your child's diet include iron-rich foods such as meat, eggs, iron-fortified cereals, or beans?	N	Y	Unsure



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# Bright Futures Parent Handout 9 and 10 Year Visits

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

NUTRITION AND PHYSICAL ACTIVITY

## Staying Healthy

- Encourage your child to eat healthy.
- Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
- Include 5 servings of vegetables and fruits at meals and for snacks daily.
- Limit TV and computer time to 2 hours a day.
- Encourage your child to be active for at least 1 hour daily.
- Eat as a family often.

SAFETY

## Safety

- The back seat is the safest place to ride in a car until your child is 13 years old.
- Use a booster seat until the vehicle's safety belt fits. The lap belt can be worn low and flat on the upper thighs. The shoulder belt can be worn across the shoulder and the child can bend at the knees while sitting against the vehicle seat back.
- Teach your child to swim and watch her in the water.
- Your child needs sunscreen (SPF 15 or higher) when outside.
- Your child needs a helmet and safety gear for biking, skating, in-line skating, skiing, snowmobiling, and horseback riding.
- Talk to your child about not smoking cigarettes, using drugs, or drinking alcohol.
- Make a plan for situations in which your child does not feel safe.
- Get to know your child's friends and their families.
- Never have a gun in the home. If necessary, store it unloaded and locked with the ammunition locked separately from the gun.

DEVELOPMENT AND MENTAL HEALTH

## Your Growing Child

- Be a model for your child by saying you are sorry when you make a mistake.
- Show your child how to use his words when he is angry.
- Teach your child to help others.
- Give your child chores to do and expect them to be done.
- Give your child his own space.
- Still watch your child and your child's friends when they are playing.
- Understand that your child's friends are very important.
- Answer questions about puberty.
- Teach your child the importance of delaying sexual behavior. Encourage your child to ask questions.
- 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 your child's private parts.
  - No adult should ask for help with his private parts.

SCHOOL

## School

- Show interest in school activities.
- If you have any concerns, ask your child's teacher for help.
- Praise your child for doing things well at school.
- Set a routine and make a quiet place for doing homework.
- Talk with your child and her teacher about bullying.

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 his 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



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