BRIGHT FUTURES HANDOUT ► PARENT 9 AND 10 YEAR VISITS

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



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HOW YOUR FAMILY IS DOING

- Encourage your child to be independent and responsible. Hug and praise him.
- Spend time with your child. Get to know his 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.
- Watch your child's computer use.
 - Know who he talks with online.
 - Install a safety filter.



STAYING HEALTHY

- Take your child to the dentist twice a year.
- Give your child a fluoride supplement if the dentist recommends it.
- Remind your child to brush his teeth twice a day
 - After breakfast
 - Before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Remind your child to floss his teeth once a day.
- Encourage your child to always wear a mouth guard to protect his 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.

✓ 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 her words when she is angry.
- Teach your child to help others.
- Give your child chores to do and expect them to be done.
- Give your child her own personal space.
- Get to know your child's friends and their families.
- Understand that your child's friends are very important.
- Answer questions about puberty. Ask us for help if you don't feel comfortable answering questions.
- Teach your child the importance of delaying sexual behavior. Encourage your child to ask guestions.
- 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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SCHOOL

- Show interest in your child's 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.

Helpful Resources: Family Media Use Plan: www.healthychildren.org/MediaUsePlan

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

9 AND 10 YEAR VISITS—PARENT



- 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.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Teach your child to swim and watch him in the water.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am-3:00 pm).
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

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

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

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DEDICATED TO THE HEALTH OF ALL CHILDREN®

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BRIGHT FUTURES HANDOUT ► PATIENT 9 AND 10 YEAR VISITS

Bright Futures...

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

V

TAKING CARE OF YOU

- Enjoy spending time with your family.
- Help out at home and in your community.
- If you get angry with someone, try to walk away.
- Say "No!" to drugs, alcohol, and cigarettes or e-cigarettes. Walk away if someone offers you some.
- Talk with your parents, teachers, or another trusted adult if anyone bullies, threatens, or hurts you.
- 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.



EATING WELL AND BEING ACTIVE

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Wear your mouth guard when playing sports.
- Eat breakfast every day. It helps you learn.
- 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.
- Drink 3 cups of low-fat or fat-free milk or water instead of soda or juice drinks.
- Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
- Talk with us if you're thinking about losing weight or using dietary supplements.
- Plan and get at least 1 hour of active exercise every day.

GROWING AND DEVELOPING

- Ask a parent or trusted adult questions about the changes in your body.
- Share your feelings with others. Talking is a good way to handle anger, disappointment, worry, and sadness.
- To handle your anger, try
 - Staying calm
 - Listening and talking through it
 - Trying to understand the other person's point of view
- Know that it's OK to feel up sometimes and down others, but if you feel sad most of the time, let us know.
- Don't stay friends with kids who ask you to do scary or harmful things.
- Know that it's never OK for an older child or an adult to
 - Show you his or her private parts.
 - Ask to see or touch your private parts.
 - Scare you or ask 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.

DOING WELL AT SCHOOL

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

9 AND 10 YEAR VISITS—PATIENT



PLAYING IT SAFE

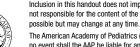
- Wear your lap and shoulder seat belt at all times in the car. Use a booster seat if the lap and shoulder seat belt does not fit you yet.
- Sit in the back seat until you are 13 years old. It is the safest place.
- Wear your helmet and safety gear when riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Always wear the right safety equipment for your activities.
- Never swim alone. Ask about learning how to swim if you don't already know how.
- 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.
- Have friends over only when your parents say it's OK.
- Ask to go home if you are uncomfortable at someone else's house or a party.
- If you see a gun, don't touch it. Tell your parents right away.

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