



# 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.

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## 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>.

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