



# Bright Futures Parent Supplemental Questionnaire 5 and 6 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.

## Ready for School: School Readiness

Does your child go to school?	N/A	Yes	No
Do you know your child's teacher?		Yes	No
Are you able to attend your child's school functions?		Yes	No
Are you happy with your child's after-school care?		Yes	No
Do you have any concerns about your child doing well in school?		No	Yes
Do you know what signs to look for if your child is being bullied or teased?		Yes	No
Does your child receive any special education services?		No	Yes

## Your Child and Family: Mental Health

Do you have special family activities, traditions, or routines?		Yes	No
Do you discipline your child to teach good behavior and not to punish?		Yes	No
Does your child do simple chores around the house?		Yes	No
Do you help your child control his anger?		Yes	No
Does your child fix problems with words and not violent behavior like biting or hitting?		Yes	No
Does your child get along with her friends?		Yes	No

## Staying Healthy: Nutrition and Physical Activity

Does your child eat breakfast every day?		Yes	No
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
Do you limit foods that are high in fat like candy, soft drinks, salty snacks, and fast food?		Yes	No
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) for more than 2 hours a day?		No	Yes



### Healthy Teeth: Oral Health

Does your child brush his teeth twice a day?	<b>Yes</b>	<b>No</b>
Does your child floss her teeth once a day?	<b>Yes</b>	<b>No</b>
Does your child see a dentist at least twice a year?	<b>Yes</b>	<b>No</b>

### Safety

Do you always use a car safety seat or a booster seat in the back seat of all vehicles?	<b>Yes</b>	<b>No</b>	
Does your child know street safety such as stopping at the curb, looking both ways, and never crossing the street without a grown-up?	<b>Yes</b>	<b>No</b>	
Does your child always wear a helmet and other protective gear when biking, skating, horseback riding, skiing, or snowboarding?	<b>Yes</b>	<b>No</b>	
Does your child know how to swim and only swim when an adult is watching?	<b>Yes</b>	<b>No</b>	
Do you always put sunscreen on your child before he goes outside to play or swim?	<b>Yes</b>	<b>No</b>	
Have you taught your child that it is never OK for an adult to tell a child to keep secrets from her parents?	<b>Yes</b>	<b>No</b>	
Does your child know that is it never okay for an older child or adult to ask to see his private parts?	<b>Yes</b>	<b>No</b>	
Does your family have and practice an escape plan in case a fire starts in your home?	<b>Yes</b>	<b>No</b>	
Are there smoke and carbon monoxide detectors on every floor of your house?	<b>Yes</b>	<b>No</b>	
Does anyone in your home or the homes where your child spends time have a gun?	<b>No</b>	<b>Yes</b>	
If so, are the guns unloaded and locked away with the ammunition locked separately from the gun?	<b>N/A</b>	<b>Yes</b>	<b>No</b>
Does anyone smoke around your child?	<b>No</b>	<b>Yes</b>	
If you smoke, would you like information on how to stop?	<b>Yes</b>	<b>No</b>	



**American Academy  
of Pediatrics**



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