



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	



**American Academy
of Pediatrics**



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