Healthy Teeth
• Help your child brush his teeth twice a day.
  • After breakfast
  • Before bed
• Use a pea-sized amount of toothpaste with fluoride.
• Help your child floss her teeth once a day.
• Your child should visit the dentist at least twice a year.

Ready for School
• Take your child to see the school and meet the teacher.
• Read books with your child about starting school.
• Talk to your child about school.
• Make sure your child is in a safe place after school with an adult.
• Talk with your child every day about things he liked, any worries, and if anyone is being mean to him.
• Talk to us about your concerns.

Your Child and Family
• Give your child chores to do and expect them to be done.
• Have family routines.
• Hug and praise your child.
• Teach your child what is right and what is wrong.
• Help your child to do things for herself.
• Children learn better from discipline than they do from punishment.
• Help your child deal with anger.
  • Teach your child to walk away when angry or go somewhere else to play.

Staying Healthy
• Eat breakfast.
• Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
• Limit candy, soft drinks, and high-fat foods.
• Offer 5 servings of vegetables and fruits at meals and for snacks every day.
• Limit TV time to 2 hours a day.
• Do not have a TV in your child’s bedroom.
• Make sure your child is active for 1 hour or more daily.

Safety
• Your child should always ride in the back seat and use a car safety seat or booster seat.
• Teach your child to swim.
• Watch your child around water.
• Use sunscreen when outside.
• Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
• Have a working smoke alarm on each floor of your house and a fire escape plan.
• Install a carbon monoxide detector in a hallway near every sleeping area.
• Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
• Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
• Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
• Teach your child about bus safety.
• Teach your child about 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 private parts.
  • No adult should ask for help with his private parts.

Poison Help: 1-800-222-1222
Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org
Bright Futures Parent Handout
7 and 8 Year Visits

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

**Staying Healthy**

- Eat together often as a family.
- Start every day with breakfast.
- 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.
- Do not have a TV or computer in your child’s bedroom.
- Encourage your child to play actively for at least 1 hour daily.

- Limit soft drinks, juice, candy, chips, and high-fat food.

**School**

- Attend back-to-school night, parent-teacher events, and as many other school events as possible.
- Talk with your child and child’s teacher about bullies.
- Talk to your child’s teacher if you think your child might need extra help or tutoring.
- Your child’s teacher can help with evaluations for special help, if your child is not doing well.

**Safety**

- Your child should always ride in the back seat and use a booster seat until the vehicle’s lap and shoulder belt fit.
- Teach your child to swim and watch her in the water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Keep your house and cars smoke free.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.

- Know your child’s friends and their families.
- Teach your child plans for emergencies such as a fire.
- Teach your child how and when to dial 911.
- 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 private parts.
- No adult should ask for help with his private parts.

**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 her 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.

**Your Growing Child**

- Give your child chores to do and expect them to be done.
- Hug, praise, and take pride in your child for good behavior and doing well in school.
- Be a good role model.
- Don’t hit or allow others to hit.
- Help your child to do things for himself.
- Teach your child to help others.
- Discuss rules and consequences with your child.
- Be aware of puberty and body changes in your child.
- Answer your child’s questions simply.
- Talk about what worries your child.

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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
• 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.

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.

Healthy Teeth
• Help your child brush teeth twice a day.
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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.