

BRIGHT FUTURES HANDOUT ► PARENT

7 AND 8 YEAR VISITS

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



✓ HOW YOUR FAMILY IS DOING

- Encourage your child to be independent and responsible. Hug and praise her.
- Spend time with your child. Get to know her 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.
 - Know who your child talks with online.
 - Install a safety filter.

✓ STAYING HEALTHY

- Take your child to the dentist twice a year.
- Give a fluoride supplement if the dentist recommends it.
- Help your child brush her 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.
- Encourage your child to always wear a mouth guard to protect her 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

- Give your child chores to do and expect them to be done.
- Be a good role model.
- Don't hit or allow others to hit.
- Help your child do things for himself.
- Teach your child to help others.
- Discuss rules and consequences with your child.
- Be aware of puberty and changes in your child's body.
- Use simple responses to answer your child's questions.
- Talk with your child about what worries him.

✓ SCHOOL

- Help your child get ready for school. Use the following strategies:
 - Create bedtime routines so he gets 10 to 11 hours of sleep.
 - Offer him a healthy breakfast every morning.
- 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 with your child's teacher if you think your child might need extra help or tutoring.
- Know that your child's teacher can help with evaluations for special help, if your child is not doing well in school.

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