

# **Bright Futures Patient Handout** 7 and 8 Year Visits

## **Doing Well at School**

- Try your best at school. Doing well in school is important to how you feel about yourself.
- Ask for help when you need it.
- Join clubs and teams you like.
- Tell kids who pick on you or try to hurt you to stop it. Then walk away.
- Tell adults you trust about bullies.

#### **Playing It Safe**

- Don't open the door to anyone you don't
- Have friends over only when your parents say it's OK.
- · Wear your helmet for biking, skating, and skateboarding.
- Ask a grown-up for help if you are scared or worried.
- It is OK to ask to go home 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 grown-up shows you their private parts, asks you to show them yours, or touches your private parts.
- Always sit in your booster seat and ride in the back seat of the car.

### **Eating Well, Being Active**

- Eat breakfast every day.
- Aim for eating 5 fruits and vegetables every
- PHYSICAL ACTIVITY Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
  - Eat healthful snacks like fruit, cheese, and
  - Eating healthy is important to help you do well in school and sports.
  - Eat with your family often.
  - Drink no more than 1 cup of 100% fruit juice per day.
  - Match every 30 minutes of TV or computer time with 30 minutes of active play.

#### **Healthy Teeth**

 Brush your teeth at least twice each day, morning and night.

Floss your teeth every day.

Wear your mouth guard when playing sports.



- Talk about feeling mad or sad with someone who listens well.
- Talk about your worries. It helps.
- Ask your parent or other trusted adult about changes in your body.
- · Even embarrassing questions are important. It's OK to talk about your body and how it's changing.



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