

Bright Futures Patient Handout 9 and 10 Year Visits

Doing Well at School

- Try your best at school. It's important to how you feel about yourself.
- Ask for help when you need it.
- Join clubs and teams, church groups, and friends for activities after school.
- Tell kids who pick on you or try to hurt you to stop bothering you. Then walk away.
- Tell adults you trust about bullies.

Playing It Safe

- Wear your seat belt at all times in the car. Use a booster seat if the seat belt does not fit vou vet.
- Sit in the back seat until you are 13. It is the safest place. ***
- Wear your helmet for biking, skating, and skateboarding.
- Always wear the right safety equipment for vour activities.
- Never swim alone.
- SAFETY Use sunscreen with an SPF of 15 or higher when out in the sun.
 - Have friends over only when your parents say it's OK.
 - Ask to go home if you are uncomfortable with things at someone else's house or a party.
 - Avoid being with kids who suggest risky or harmful things to do.
 - Know that no older child or adult has the right to ask to see or touch your private parts, or to scare you.

*** View South Carolina Child Passenger Laws at http://www.dmov.org/sc-south-carolina/safety-laws.php or ask your nursing staff/provider for a hard copy in the office.



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dav. Drink 3 cups of low-fat milk or water instead

of soda pop or juice drinks. Limit high-fat foods and drinks such as

Eating Well, Being Active

Eat breakfast every day. It helps learning.

Aim for eating 5 fruits and vegetables every

- candies, snacks, fast food, and soft drinks.
- Eat with your family often.

ACTIVITY

PHYSICAL

NUTRITION AND

HEALTH

- Talk with a doctor or nurse about plans for weight loss or using supplements.
- Plan and get at least 1 hour of active exercise every day.
- Limit TV and computer time to 2 hours a day.

Healthy Teeth

- Brush your teeth at least twice each day, morning and night.
- 暑 • Floss your teeth every day.
 - Wear your mouth guard when playing sports.

Growing and Developing

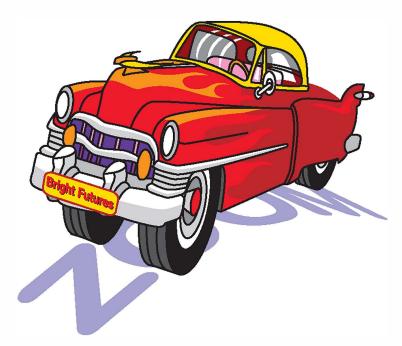
- Ask a parent or trusted adult questions about changes in your body.
- Talking is a good way to handle anger, disappointment, worry, and feeling sad.
- Everyone gets angry. •
- Stav calm.

HEALTH

MENTAL

DEVELOPMENT AND

- Listen and talk through it.
- Try to understand the other person's point of view.
- Don't stay friends with kids who ask you to do scary or harmful things.
- It's OK to have up-and-down moods, but if you feel sad most of the time, talk to us,
- Know why you say "No!" to drugs, alcohol, tobacco, and sex.



DEDICATED TO THE HEALTH OF ALL CHILDREN

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