



# BRIGHT FUTURES HANDOUT ► PARENT

## 5 AND 6 YEAR VISITS

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

### ✓ HOW YOUR FAMILY IS DOING

- Spend time with your child. Hug and praise him.
- Help your child do things for himself.
- 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.

### ✓ FAMILY RULES AND ROUTINES

- Family routines create a sense of safety and security for your child.
- Teach your child what is right and what is wrong.
- Give your child chores to do and expect them to be done.
- Use discipline to teach, not to punish.
- Help your child deal with anger. Be a role model.
- Teach your child to walk away when she is angry and do something else to calm down, such as playing or reading.

### ✓ STAYING HEALTHY

- 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 his teeth once a day.
- Your child should visit the dentist at least twice a year.
- Help your child be a healthy eater by
  - Providing healthy foods, such as vegetables, fruits, lean protein, and whole grains
  - Eating together as a family
  - Being a role model in what you eat
- Buy fat-free milk and low-fat dairy foods. Encourage 2 to 3 servings each day.
- Limit candy, soft drinks, juice, and sugary foods.
- Make sure your child is active for 1 hour or more daily.
- Don't put a TV in your child's bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

### ✓ READY FOR SCHOOL

- Talk to your child about school.
- Read books with your child about starting school.
- Take your child to see the school and meet the teacher.
- Help your child get ready to learn. Feed her a healthy breakfast and give her regular bedtimes so she gets at least 10 to 11 hours of sleep.
- Make sure your child goes to a safe place after school.
- If your child has disabilities or special health care needs, be active in the Individualized Education Program process.

**Helpful Resources:** Family Media Use Plan: [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan)

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: [www.safercar.gov/parents](http://www.safercar.gov/parents) | Toll-free Auto Safety Hotline: 888-327-4236

# 5 AND 6 YEAR VISITS—PARENT

## ✓ SAFETY

- Your child should always ride in the back seat (until at least 13 years of age) and use a forward-facing car safety seat or belt-positioning booster seat.
- Teach your child how to safely cross the street and ride the school bus. Children are not ready to cross the street alone until 10 years or older.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Make sure your child learns to swim. Never let your child swim alone.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- Teach your child about how to be safe with other adults.
  - No adult should ask a child to keep secrets from parents.
  - No adult should ask to see a child's private parts.
  - No adult should ask a child for help with the adult's own private parts.
- Have working smoke and carbon monoxide alarms on every floor. Test them every month and change the batteries every year. Make a family escape plan in case of fire in your home.
- If it is necessary to keep a gun in your home, 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.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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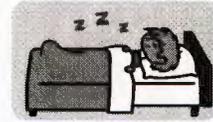
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# 9-5-2-1-0 for Health!

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**9**

get **9** hours of sleep



**5**

eat **5** servings of fruits and vegetables each day



**2**

limit screen time to **no more** than **2** hours each day



**1**

get at least **1** hour of exercise each day



**0**

**no** sugary drinks!



Soda  
Gatorade  
Juice

# Healthy School Lunch Choices

**People who eat a healthier lunch with lean protein and complex carbohydrates can:**

- Feel more satisfied
- Avoid an afternoon slump
- Focus better on schoolwork
- Feel less hungry after school
- Maintain weight by avoiding excess calories

## Important things to remember:

### Make smart choices.

Pick whole-wheat bread or an 8-inch tortilla instead of white bread.

Take deli turkey or ham instead of salami or bologna.

Choose grilled chicken instead of fried.

Order lite dressing instead of regular.

Use mustard or ketchup instead of mayo or dipping sauces.

### Enjoy some foods in moderation.

Choose chips or fries no more than once a week.

Limit starches to 2 servings at lunchtime (1 serving equals 1 slice bread; ½ bun; 1 small dinner roll; ½ bagel; ½ cup potatoes, rice, or pasta)

### Balance your diet.

If you eat chips or fries, remove one slice of bread (or half a bun) from your sandwich or burger.

Add tomato and lettuce to sandwiches, burgers, and tacos.

Include either a small salad with lite dressing, a side serving of veggies, or a piece of fruit.

### Think simple.

A plain burger (no cheese) is a better choice than processed or breaded foods, such as a hot dog, chicken fingers or nuggets, mozzarella sticks, or pizza.

Choose low-fat white milk (no flavored milks) or water instead of sugary sodas or energy drinks.

### Pack it up.

A packed lunch gives you the most control over what you eat.

**Here are some of the most common lunch items  
with ideas on how to make them healthier**



## Burgers

**Hold the cheese.**  
**Add lettuce and tomato.**  
**Remove  $\frac{1}{2}$  bun (eat open-faced)**



**Before** Cheeseburger on bun:  
400 calories, 1.4 grams fiber,  
19 grams fat

**After** Plain burger,  $\frac{1}{2}$  bun, with  
lettuce and tomato: 262 calories,  
2 grams fiber, 11 grams fat

## Spaghetti and meatballs

**Spaghetti counts as starch, so skip the bread. Choose marinara sauce over buttered noodles. Add salad with lite dressing.**



**Before**  $\frac{3}{4}$  cup spaghetti, 2 meatballs,  
sauce, garlic bread, salad,  
regular dressing:  
528 calories, 4 grams fiber,  
23 grams fat

**After**  $\frac{3}{4}$  cup spaghetti, 2 meatballs,  
sauce, salad with lite dressing:  
343 calories, 2.6 grams fiber,  
10 grams fat

## Chicken nuggets, patties, or fingers

**Use ketchup or barbecue sauce.**  
**These are already breaded, so skip extra bread or rolls. Add vegetable or salad.**



**Before** 5 chicken nuggets with honey  
mustard dip, roll with butter:  
455 calories, 0 fiber, 24 grams fat

**After** 5 chicken nuggets with ketchup,  
no roll, green beans:  
310 calories, 2 grams fiber, 18 grams fat

## Pizza

**Blot off excess fat.**  
**Choose veggie toppings.**  
**Remove pepperoni.**  
**Leave the crust.**



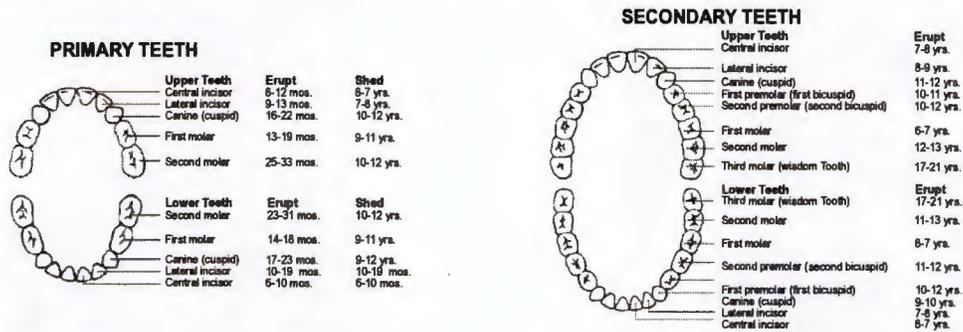
**Before** 1 slice stuffed-crust pepperoni pizza:  
390 calories, 2 grams fiber, 19 grams fat

**After** 1 slice pizza, no crust, with broccoli:  
220 calories, 3 grams fiber, 9 grams fat

## Your Child's Teeth 6 Years - 12 Years of Age

### • Permanent Tooth Eruption and Expectations:

- As children's bodies grow, their jaws and face change as well. As permanent teeth start to erupt, the smile can look a little uneven, but eventually things should even out.
- Below is a chart that shows average exfoliation ages for baby teeth and average eruption ages for permanent teeth.



### • Dental Care Basics:

- Tooth decay is prevented with good oral care, good dietary habits and regular dental visits.
- Brush 2 times a day for 2 minutes! Floss Daily! Flossers or floss picks are fine.
- Assist your child with their oral care until they are 8-9 years of age.
- Use of a flouridated toothpaste is beneficial in preventing cavities.
- Monitor their diet and limit between meal snacks and consuming sugary liquids.
- Drinking water frequently throughout the day helps maintain good oral health.

### • Dental Sealants:

- A sealant is a material that is applied to the chewing surfaces of the back permanent molars. These teeth have pits and grooves that are hard to clean because the bristles of the toothbrush cannot reach into them.
- The sealant bonds to the tooth and acts as a barrier to food, plaque and acid, thus protecting these decay-prone areas.
- When your child presents for the cleaning and examination, the dentist will discuss whether sealants are indicated for your child.

### • Orthodontics:

A bad bite or malocclusion, may be noticed as the permanent start to erupt.

Early orthodontic treatment may help prevent a bad bite or make it less severe. Some kids, even at ages 7-8 would benefit from early orthodontic intervention but some kids do not need to see the orthodontist until all of the baby teeth have been lost. It is a case by case situation, so that is why it is a good idea for your children to have their bite checked by the dentist at this early age and then they can refer you to an orthodontist if needed.

### • Prevention of Dental Injuries:

- Properly fitted athletic mouth guards are an essential key when it comes to protecting your child's teeth during active sports.
- Mouth guards are most commonly used in sports like hockey, football, and lacrosse but even using them with sports like basketball, baseball, skateboarding can be very beneficial.
- If a dental injury were to occur, contact your dentist. This website is also a good resource for dental emergencies: [www.valleypediatricdentists.com](http://www.valleypediatricdentists.com)

# The Internet and Your Family



The Internet can connect you and your family to all types of resources. At your computer, you and your family can read the latest news, look up information, listen to music, play games, buy things, or e-mail friends. The possibilities for learning and exploring on the Internet are endless. However, not all information and resources are safe and reliable. Read more about how to make sure you and your family's experience on the Internet is safe, educational, and fun.

## About the Internet

The **Internet** (or the **Net**) is a vast network that connects people and information worldwide through computers. It's sometimes called the **information superhighway**. The **World Wide Web** (**WWW** or the **Web**) is a part of the Internet that includes pictures and sound as well as text. **Online** means being connected to the Internet. **Surfing the Web** means browsing or searching for information on the Internet.

**When you and your family surf the Web it's important to keep the following in mind:**

- Online information is usually not private.
- People online are not always who they say they are.
- Anyone can put information online.
- You can't trust everything you read online.
- You and your family may unexpectedly and unintentionally find material on the Web that is offensive, pornographic (including child pornography), obscene, violent, or racist.

## Setting the rules

It's important to have a set of rules when your children use the Internet. Make sure your children understand what you consider appropriate and what areas are off limits. Let them know that the rules are for their safety.

### Safety first

The following are tips you can teach your children about online safety:

- **NEVER give out personal information** unless a parent says it's OK. This includes your name, address, phone number, age, race, school name or location, or friends' names.
- **NEVER share passwords**, even with friends.
- **NEVER meet a friend you only know online in person** unless a parent says it's OK. It's best if a parent goes along and to meet in a public place. (Older teens that may choose not to tell a parent and go alone should at least go with a friend and meet in a public place.)
- **NEVER respond to messages that make you feel uncomfortable or hurt your feelings.** Ignore these messages, stop all communication, and tell a parent or another adult you trust right away.

## Time limits

Surfing the Web should not take the place of other important activities, including homework, playing outside, or spending time with friends. The American Academy of Pediatrics recommends limiting total screen time in front of a TV or computer to no more than 1 to 2 hours a day for children older than 2 years. An alarm clock or timer can help you keep track of time.

## Good behavior

The following is what you can teach your children about how they should act online:

- **NEVER send mean messages online.** NEVER say something online that you wouldn't say to someone in person. Bullying is wrong whether it's done in person or online.
- **NEVER use the Internet to make someone look bad.** For example, never send messages from another person's e-mail that could get that person into trouble.
- **NEVER plagiarize.** It's illegal to copy online information and say that you wrote it.

## Other steps you can take

In addition to setting clear rules, you can do the following to create a safer online experience:

- Surf the Web with your children.
- Put the computer in a room where you can monitor your children. Computers should never be placed in a room where a door can be closed or a parent excluded.
- Use tracking software. It's a simple way to keep track of where your children have been on the Web. However, nothing can replace supervision.
- Install software or services that can filter or block offensive Web sites and material. Be aware, however, that many children are smart enough to find ways around the filters. Also, you may find that filters may be more restrictive than you want.
- Find out what the Internet use policies are at your child's school or at your library.

## CyberTipline

If you or your children come across anything illegal or threatening, you should report it to the National Center for Missing & Exploited Children's CyberTipline. For more information, call 800/THE-LOST (800/843-5678) or visit the Web site at [www.cybertipline.com](http://www.cybertipline.com).

## AAP age-based guidelines for children's Internet use

### Up to age 10

Children this age need supervision and monitoring to ensure they are not exposed to inappropriate materials. Parents should use Internet safety tools to limit access to content, Web sites, and activities, and be actively involved in their child's Internet use.

### Ages 11 to 14

Children this age are savvier about their Internet experience; however, they still need supervision and monitoring to ensure they are not exposed to inappropriate materials. Internet safety tools are available that can limit access to content and Web sites and provide a report of Internet activities. Children this age also need to understand what personal information should not be given over the Internet.

### Ages 15 to 18

Children this age should have almost no limitations on content, Web sites, or activities. Teens are savvier about their Internet experience; however, they still need parents to define appropriate safety guidelines. Parents should be available to help their teens understand inappropriate messages and avoid unsafe situations. Parents may need to remind teens what personal information should not be given over the Internet.

## Communicating on the Net

The following are some ways people can communicate with one another on the Internet. Keep in mind that information that is shared may not always be appropriate for children. Also, information on the Internet is often not monitored.

**Blog (or Web log).** An online journal or diary that can include images. They can be found on social networking Web sites and are becoming more popular than chat rooms.

**Chat rooms.** Chat rooms are a way for a number of computer users to communicate with each other instantly in "real time." For example, if you type a message and send it, everyone else will see it instantly in the chat room and they can respond just as quickly.

**E-mail (electronic mail).** Messages sent and received electronically between computers.

**Instant messaging (IM).** Sending and receiving messaging instantly in "real time" over the Internet.

## Surfing the Net

When you go to the Internet, you may have a specific address in mind or you may browse through the Web, just as you would a library or a catalog. This is often called "surfing the Net." Following are several ways to get information on the Web:

- **Web addresses.** Every Web site has its own unique address. By typing the address in the space provided, your Web browser will take you there. Make sure you type the exact Web address. Any missing or incorrect characters could create an error or bring you to a totally different Web site. The last 3 letters in a Web site address can tell you what type of organization or company set up the site, for example: .gov (government), .org (nonprofit organizations), .edu (academic or education), .com (commercial).
- **Links (or hyperlinks).** Many Web sites link to information on other sites. By clicking on the highlighted area, you can connect to another Web site without having to type its address.
- **Search engines.** Search engines are programs that can enable you to search the Internet using keywords or topics. For example, to find information about Abraham Lincoln, simply click on a search engine and type "Abraham Lincoln." A list of several Web sites will come up for you to select from.

**Keep in mind**—The Internet can be a helpful source of information and advice, but you and your children can't trust everything you read. Anyone can put information on the Internet, and not all of it is reliable. Some people and organizations are very careful about the accuracy of the information they post, others are not. Some give false information on purpose.

Begin your search for information with the most reliable, general information Web sites and expand from there. The Web site for the American Academy of Pediatrics (AAP), [www.aap.org](http://www.aap.org), is a good starting point.

Source: US Department of Education booklet "Parents Guide to the Internet."

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## From your doctor

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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.  
American Academy of Pediatrics  
Web site — [www.aap.org](http://www.aap.org)

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Media Literacy from NCADI

<http://www.health.org/./meditnew/index.htm>

National Clearinghouse for Alcohol and Drug Information site providing tools to use media literacy to help youth think for themselves and resist powerful media messages about alcohol and drugs

NetParents

<http://www.netparents.org>

Information on Internet security and blocking software

YouthInfo

<http://youth.os.dhhs.gov>

Focuses mainly on adolescents. Sponsored by the US Department of Health and Human Services

## For children

50+ Great Sites for Kids and Parents

<http://www.ala.org/parents/greatsites/50.html>

Sponsored by the American Library Association. Directory of many sites for children of all ages.

Exploratorium

<http://www.exploratorium.edu>

Puzzles, games, and experiments

The Internet Public Library: Reference Center

<http://www.ipl.org/ref>

Includes an "Ask a Question" feature and a teen collection

Jean Armour Polly's 100 Extraordinary Experiences for Internet Kids

<http://www.well.com/user/polly/ikyp.exp.html>

Fun, interesting, and educational adventures on the Internet

The Library of Congress

<http://www.loc.gov>

Includes historical collections, databases, and access to other government information systems

My Virtual Reference Desk

<http://www.refdesk.com>

Dozens of links to dictionaries, encyclopedias, and other reference materials.

Public Broadcasting System

<http://www.pbs.org>

Information and activities related to PBS children's programming

Steve Savitsky's Interesting Places for Kids

<http://www.starport.com/places/forKids/>

Unusual links for kids

## Health and medical sites

*Note: On-line advice should never replace your pediatrician.*

Centers for Disease Control

<http://www.cdc.gov/cdc.html>

Information on preventing and controlling disease, injury, and disability

Healthfinder

<http://www.healthfinder.gov>

US Government sponsored site that can help you search for health information, resources, and services

Mayo Clinic

<http://www.mayohealth.org>

Health information and advice from one of the world's most renowned medical research institutions

Medsite

<http://www.medsite.com>

A medical search engine that reviews medical Web sites and helps make medical information more accessible

National Institutes of Health

<http://www.nih.gov>

Extensive information on preventing, detecting, diagnosing, and treating disease and disability

National Organization for Rare Disorders (NORD)

<http://www.rarediseases.org>

Dedicated to helping people with rare "orphan" diseases and assisting the organizations that serve them

US Department of Health and Human Services

<http://www.dhhs.gov>

Information on more than 250 programs protecting the health of Americans

Adapted from the US Department of Education booklet

"Parents Guide to the Internet." For the complete publication, see

<http://www.ed.gov/pubs/parents/internet/>.

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