



# BRIGHT FUTURES HANDOUT ► PARENT

## 4 YEAR VISIT

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

### ✓ HOW YOUR FAMILY IS DOING

- Stay involved in your community. Join activities when you can.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and 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 feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community agencies can also provide confidential help.
- Teach your child about how to be safe in the community.
  - Use correct terms for all body parts as your child becomes interested in how boys and girls differ.
  - 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.

### ✓ HEALTHY HABITS

- Give your child 16 to 24 oz of milk every day.
- Limit juice. It is not necessary. If you choose to serve juice, give no more than 4 oz a day of 100% juice and always serve it with a meal.
- Let your child have cool water when she is thirsty.
- Offer a variety of healthy foods and snacks, especially vegetables, fruits, and lean protein.
- Let your child decide how much to eat.
- Have relaxed family meals without TV.
- Create a calm bedtime routine.
- Have your child brush her teeth twice each day. Use a pea-sized amount of toothpaste with fluoride.

### ✓ GETTING READY FOR SCHOOL

- Give your child plenty of time to finish sentences.
- Read books together each day and ask your child questions about the stories.
- Take your child to the library and let him choose books.
- Listen to and treat your child with respect. Insist that others do so as well.
- Model saying you're sorry and help your child to do so if he hurts someone's feelings.
- Praise your child for being kind to others.
- Help your child express his feelings.
- Give your child the chance to play with others often.
- Visit your child's preschool or child care program. Get involved.
- Ask your child to tell you about his day, friends, and activities.

### ✓ TV AND MEDIA

- Be active together as a family often.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day.
- Discuss the programs you watch together as a family.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- Don't put a TV, computer, tablet, or smartphone in your child's bedroom.
- Create opportunities for daily play.
- Praise your child for being active.

**Helpful Resources:** National Domestic Violence Hotline: 800-799-7233 | 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

## 4 YEAR VISIT—PARENT

### ✓ SAFETY

- Use a forward-facing car safety seat or switch to a belt-positioning booster seat when your child reaches the weight or height limit for her car safety seat, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat.
- The back seat is the safest place for children to ride until they are 13 years old.
- Make sure your child learns to swim and always wears a life jacket. Be sure swimming pools are fenced.
- When you go out, put a hat on your child, have her wear sun protection clothing, and apply sunscreen with SPF of 15 or higher on her exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

## WHAT TO EXPECT AT YOUR CHILD'S 5 AND 6 YEAR VISIT

### We will talk about

- Taking care of your child, your family, and yourself
- Creating family routines and dealing with anger and feelings
- Preparing for school
- Keeping your child's teeth healthy, eating healthy foods, and staying active
- Keeping your child safe at home, outside, and in the car

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

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

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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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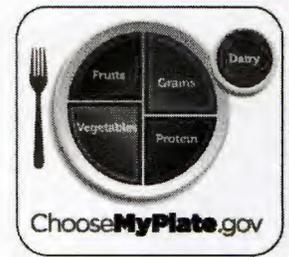
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# 10 tips

Nutrition  
Education Series

# Choose MyPlate

## 10 tips to a great plate



**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.**

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

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

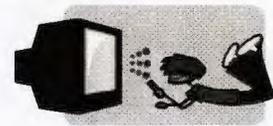
**9** get **9** hours of sleep



**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 Breakfast Options

## People who eat breakfast:

- Kick-start their metabolism
- Tend to eat fewer calories through the day
- Tend to make better food choices throughout the day
- Do better in school
- Are more active



## Important things to remember about breakfast:

- Any breakfast is better than no breakfast
- Plan ahead – have quick choices on hand
- Sometimes you have to eat on the go
- Include protein and fiber for staying power
- Stay away from sugary choices

If you are having trouble deciding what to eat, take a look at this easy planner. Choose one item from two or more food groups to get the most out of your breakfast.

Fruit	Dairy*	Grain*	Protein
1 apple	1 cup skim or 1% milk	¾ cup whole-grain cereal with 3 grams fiber or more	½ cup egg substitute or 1 egg
1 orange	1 oz. or 1 slice low-fat cheese	1 slice whole-grain bread	1 oz. lean ham or turkey
1 small banana	6-8 oz. low-fat fruit yogurt	½ whole-grain English muffin or bagel	2 tablespoons peanut butter
1 cup berries	Low-fat string cheese	½ cup brown rice	½ cup dried beans, cooked
1 cup melon	Lite yogurt smoothie	1 whole-grain (corn or whole-wheat) tortilla	2 soy sausages
½ cup unsweetened applesauce	½ cup low-fat cottage cheese	1 small (4 inch) whole-grain pita	¼ cup of tofu
½ cup canned peaches or pears, in own juice or lite syrup	*Dairy foods are a good source of protein.	1 whole-grain waffle or pancake	
15 grapes		½ cup oatmeal	
¼ cup dried fruit		*Choose whole grains whenever possible.	

My Breakfast Plan: .....

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**TeensHealth**  
from Nemours

**TeensHealth.org**  
The most-visited site  
devoted to teens' health and development.

# GETTING BACK TALK? LET'S TALK!

## How to Handle Disrespectful Children



Alicia posted this request in her moms' group discussion forum: "My 8 year old is starting to talk back frequently and is very disrespectful. I am trying to figure out what would be a consequence for back talk, but I can't think of anything! (Besides a time-out or send to his room.)"

Half a dozen moms chimed in, "I know, my child does that, too, and it drives me crazy!" Some of the parents have toddlers, some have school-aged children, and some have teens. They asked how to discipline it, prevent it, and what to say and do.

### **ARE BACK TALK, SASS, AND BEING A SMART-ALECK JUST "THE WAY THINGS ARE TODAY"?**

Back talk and defiant children are problems many parents deal with — especially in this day and age when it seems children (and society in general) are more rude than any of us would ever considered being.

Almost as soon as a child learns to talk, parents can get "back talk." It can range from outright defiance from a toddler ("No!"), or smart-aleck remarks repeated from school ("Duh, Mom!"), or disrespectful teenagers' attitudes and words ("That's so stupid" (said with rolling eyes)).

Back Talk is such a common problem for parents that I had a special teleseminar about the topic. (Click [here](#) for the "Getting Back Talk? Let's Talk " teleseminar, transcript and handout.) Here is a summary of what we discussed.

### **TYPICAL RESPONSES TO DEFIANT CHILDREN WHO BACK TALK AND THE RESULTS**

Back talk is a trigger button for most parents. It can even make the most calm, respectful parent throw their manners out the window.

Parents often tell their children that when someone is disrespectful to them, they are still to treat others with respect. Yet, when children are disrespectful to them, they often don't follow this same standard and digress into disrespectful communication/treatment of the child.

Here are typical reactions to back talk:

"How dare you talk to me that way! Go to your room!"

"You'd better get to your room on the count of 3 or you're grounded!"

Punish the child by removing toys/entertainment.

Use bribes, incentives and sticker charts to reward the child when he or she is not rude.

Do any of these sound familiar? Have you ever gotten advice like this? Have you ever tried these approaches? (Don't feel bad if you have; most of us will try just about anything to see what works.)

Even IF these reactions worked in the short run, there are hidden messages or negative long-term consequences with each one:

- Demanding respect usually escalates the problem and models disrespectful treatment of others,
- Warnings invite defiance.
- Punishments that are totally unrelated to the offense are ineffective and the child learns nothing about how to behave as the parent desires.
- External motivators may work in the short run, but long-term research shows they have many negative consequences. Furthermore, children should be respectful because it's the right thing to do, not because they will get a payoff. If they are in a situation later, where the parent can't see them to reward them, they have no motivation to be polite.

## **TEACHING RESPECT WHEN RESPONDING TO DISRESPECTFUL CHILDREN**

In The Parent's Toolshop®, we follow the Universal Blueprint® Parenting Success Formula. In this problem-solving system, we always start by identifying why the child is behaving that way.

**So why are there such rude children, defiant children and disrespectful children these days?**

Here are a few reasons:

- They don't get what they want,
- They are angry,
- They think it's funny; as a joke,
- Because they hear their friends, other adults and/or people in media (like TV shows) talk that way.

Then, we **use the step-by-step Universal Blueprint® Effective Response Formula**, to respond in a way that specifically resolves the reason for the behavior:

**In one sentence:**

1. **Acknowledge the child's feelings or wants and**
2. **Express your concern about how the child expressed those feelings or desires.**

**In your second sentence,**

1. **Offer an acceptable way for the child to be heard.**

Effective responses to back talk that are modeling and teaching respect may differ slightly, based on which reason above is the cause. Here are examples for each

**When dealing with disrespectful children because... they don't get what they want: (On purpose for Power)**

- Acknowledge what they want and state that they need to ask in a respectful way. Teach them what that sounds like, if you haven't already.
- Tell them the answer is definitely "no" if they ask disrespectfully. If they do ask respectfully, you are at least willing to consider the request and might grant it, depending on what it is.

**When dealing with disrespectful children because... they are angry: (Unintentional, lack of anger communication skills)**

- Acknowledge that you understand they are angry and why (if you know why).
- Say that you are willing to listen to their concerns if they voice them respectfully, but won't be spoken to disrespectfully.
- Tell them how you do want them to express their anger or opinions appropriately. Give them the exact words to use.
- Tell them you are willing to listen when they are willing to talk respectfully.
- Then disengage and walk away.

**When dealing with disrespectful children because... they think it's a joke: (On purpose for Attention)**

- Acknowledge that they may think it's funny, but since it's disrespectful, it could hurt someone's feelings. Jokes make people feel good. They don't hurt people.
- Suggest (but don't enforce) it would be nice if they apologize or make amends.
- Drop the subject. Any further attention will reinforce the negative behavior.

**When dealing with disrespectful children because... friends/media talk like that: (Unintentional, lack discretion)**

- Acknowledge that they might talk to their friends that way or hear other people talk that way but "in this family we treat all people with respect."
- Say that while you'd prefer they talk to ALL people respectfully, you realize you can't prevent them from talking this way to their friends. You do expect, however, that they talk to their family members, extended family and the general public with respect.
- Tell them they need to learn "discretion," or who they can talk to like that. If they show you that they can't control when they talk like this, because they've been spending too much time with people who do

talk like this, then they are showing you they need to spend less time with those people and their social time will be cut back.

- It's their choice whether they continue to spend social time with friends, based on whether they can talk respectfully to others.

So the next time your tot, tween or teen gives you lip, remember to keep your lips closed long enough to take a deep breath and calm down. Figure out which of the above reasons your child is being disrespectful. Then respond (not react) helpfully, using the suggestions above, so you will be modeling and teaching respect. Check out this article by Alfie Kohn for additional perspectives and ideas on handling disrespectful children.

For more support or information:

- If you'd like more information or support in stopping back talk in your family, **get the "Getting Back Talk? Let's Talk" teleseminar package.**
- Back Talk is just one of a gazillion parenting challenges that you can use the Universal Blueprint® to find a helpful response to in seconds! To learn the Universal Blueprint® Effective Response Formula and get personalized support for applying it to the challenges you face, **sign up for the FREE 30-Day Challenge now.**

**Jody Johnston Pawel** is a Licensed Social Worker, Certified Family Life Educator, second-generation parent educator, founder of The Family Network, and President of Parents Toolshop Consulting . She is the author of 100+ parent education resources, including her award-winning book, The Parent's Toolshop. For 30+ years, Jody has trained parents and family professionals through her dynamic workshops and interviews with the media worldwide, including Parents and Working Mother magazines, and the Ident-a-Kid television series.