



# 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.

### ✓ 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.

### ✓ 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.

### ✓ 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](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

# 7 AND 8 YEAR VISITS—PARENT

## ✓ SAFETY

- The back seat is the safest place to ride in a car until your child is 13 years old.
- Your child should use a belt-positioning booster seat until the vehicle's lap and shoulder belts fit.
- Teach your child to swim and watch her in the water.
- Use a hat, sun protection clothing, and 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).
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.
- Teach your child plans for emergencies such as a fire. Teach your child how and when to dial 911.
- Teach your child 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.

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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# TIPS FOR HEALTHY FAMILIES: more and less

According to the Dietary Guidelines for Americans, Americans are not getting enough potassium, dietary fiber, calcium, and vitamin D in their diets and consume too much sugar, sodium (salt), and fat. Here are tips to help you and your family make **more** healthy choices and **less** unhealthy choices. Start with small changes. Remember that parents are important role models and what children learn early on can carry through adulthood.

## more Calcium and Vitamin D

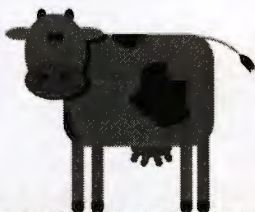
Calcium is a mineral that is needed to build strong bones and teeth. Vitamin D helps the body absorb calcium.

**Good sources of calcium include** fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages. **Other sources of calcium include** dark-green, leafy vegetables such as kale and turnip greens (not spinach); broccoli; tofu; chickpeas; lentils; split peas; and canned salmon and sardines (and other fish with bones).

**Good sources of fiber include** vegetables, fruit, beans, peas, nuts, and fiber-rich whole-grain breads and cereals. Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.

### Switch From Whole Milk to Lower Fat Versions

Switching from whole milk to lower fat versions will cut calories but will not reduce calcium or other essential nutrients. (**Note:** Whole milk is recommended for children 12 to 24 months of age, unless your child's doctor recommends that you switch to reduced-fat milk.)



Milk, 1 cup (8 ounces)				
	Whole	Reduced Fat (2%)	Low Fat (1%)	Fat Free (Skim)
Calories	149	122	102	83
Saturated Fat	5 g	3 g	2 g	0 g

Data from Food-A-Pedia (US Department of Agriculture)

If a food company makes a claim about the fiber of a food, the grams of fiber must be listed under "Total Carbohydrate."

### Nutrition Facts

Serving Size 21 Biscuits (54g)

Amount Per Serving	Cereal	with 1/2 cup skim milk
<b>Calories</b>	190	230
Calories from Fat	10	10
<b>% Daily Value**</b>		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>	<b>3%</b>
<b>Potassium</b> 200mg	<b>6%</b>	<b>11%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>	<b>17%</b>
Dietary Fiber 6g	<b>23%</b>	<b>23%</b>
Sugars 11g		
<b>Protein</b> 5g		

## more Potassium

Potassium works with sodium to regulate fluid balance, promotes transmission of nerve impulses and proper muscle function, and is essential for metabolism.

**Vegetables that are good sources of potassium include** broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, and tomatoes. These vegetables are also good sources of magnesium and fiber.

**Fruits that are good sources of potassium include** apples, apricots, bananas, dates, grapefruit, grapes, mangoes, melons, oranges, peaches, pineapples, raisins, strawberries, and tangerines. These fruits are also good sources of magnesium and fiber.

## more Fiber

Fiber helps make us full and keeps things moving in the digestive tract. A diet that includes good sources of fiber may help prevent constipation. These foods also are good sources of nutrients and vitamins that may help reduce the risk of heart disease, certain types of cancer, and obesity.



## less Added Sugar

Calories from sugar can quickly add up and over time lead to weight gain, and sugar can play a role in the development of tooth decay.

**Note:** Noncaloric sweeteners, also called no- and low-calorie sweeteners, artificial sweeteners, or sugar substitutes, add sweetness to foods and beverages without adding calories. However, products containing noncaloric sweeteners may not be calorie free or fat free. Noncaloric sweeteners have not been shown to be dangerous in children. According to the Academy of Nutrition and Dietetics, foods and beverages sweetened with noncaloric sweeteners can be incorporated into a healthy eating plan. Because of limited studies in children, the American Academy of Pediatrics has no official recommendations regarding the use of noncaloric sweeteners.

### Here are tips on how to limit added sugar.

- Use the Nutrition Facts label to choose breakfast cereals and other packaged foods with less total sugars. Choose whole-grain cereals and other whole-grain foods that have at least 3 grams of fiber and less than 10 to 12 grams of sugar per serving.
- Use the ingredients list to choose foods with little or no added sugars. Added sugar includes brown sugar, corn syrup, dextrose, fructose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, nectars (eg, peach nectar, pear nectar), and sucrose.
- Limit sugar-sweetened drinks (eg, soft drinks, lemonade, fruit drinks, sports drinks, energy drinks). Offer low-fat milk during meals and water during snacks.
- Limit portions of desserts and other sweet treats.

## less Fats

Fat is an essential nutrient that supplies the energy, or calories, children need for growth and active play and should not be severely restricted. However, high fat intake, particularly a diet high in saturated fats, can cause health problems, including heart disease later in life.

### Here are tips on how to limit fat.

- Choose foods with little or no saturated fat and no trans fat. Check the Nutrition Facts label (5% Daily Value [DV] or less is low; 20% DV or more is high).
- Switch to vegetable oils instead of solid fats if possible. Vegetable oils include olive, canola, corn, safflower, or sunflower oil. Solid fats include butter, stick margarine, shortening, or lard.
- Try baking, steaming, or broiling foods instead of frying foods.

## less Refined Grains

Many refined grain products are high in solid fats and added sugars. Switch to whole-grain products. Start with making half of your grains whole grains.

### Here are tips on how to limit refined grains and boost whole grains.

- Check the ingredient list on product labels for the words “whole” or “whole grain” before the grain ingredient’s name. Note that foods labeled with the words “multigrain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products and may not contain any whole grains.
- Use the Nutrition Facts label to check dietary fiber. Dietary fiber is a nutrient listed under Total Carbohydrate on the Nutrition Facts. Excellent sources of fiber have 5 or more grams of fiber per serving. Good sources of fiber have at least 3 grams of fiber per serving.
- Limit refined grain products that are high in calories from solid fats or added sugars, such as cakes, cookies, other desserts, and pizza.

## less Sodium


Sodium is an important mineral but only in very small amounts. Dietary sodium comes from salt. Children only need about half a teaspoon (1,200 mg for 4- to 8-year olds; 1,500 mg for 9- to 18-year-olds) of sodium each day. Too much sodium may lead to high blood pressure later in life.

### Here are tips on how to limit sodium.

- Eat less processed foods and more fresh foods.
- Use the Nutrition Facts label to check sodium. Choose foods and beverages with 5% Daily Value (DV) or less of sodium. A sodium content of 20% DV or more is high.
- Choose canned foods labeled “reduced sodium,” “low sodium,” or “no salt added.” Rinse canned beans and vegetables to remove some sodium.
- Use little or no salt when cooking or eating. Try other seasonings such as pepper, spices, herbs, or lemon juice. Slowly reduce the amount of sodium in your foods.

### Hold the Salt

Train your children’s taste buds to like foods with little or no added salt. One cup of string beans with sodium has 351 mg more sodium than 1 cup of string beans with low sodium. That’s an extra **2,457 mg** of sodium in 1 week (7 days).



Beans, green (string), canned, 1 cup	With sodium	With low sodium
Total calories	31	27
Sodium	354 mg	3 mg

Data from Food-A-Pedia (US Department of Agriculture)

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## Internet Safety

The Internet can be a wonderful resource for kids. They can use it to research school reports, communicate with teachers and other kids, and play interactive games. Kids who are old enough to swipe a screen can have access to the world.

But that access can also pose hazards. For example, an 8-year-old might do an online search for "Lego." But with just one missed keystroke, the word "Legs" is entered instead, and the child may be directed to a slew of websites with a focus on legs — some of which may contain pornographic material.

That's why it's important to be aware of what your kids see and hear on the Internet, who they meet, and what they share about themselves online.

As with any safety issue, it's wise to talk with your kids about your concerns, take advantage of resources to protect them, and keep a close eye on their activities.

### Internet Safety Laws

A federal law, the Children's Online Privacy Protection Act (COPPA), was created to help protect kids younger than 13 when engaged in online activities. It's designed to keep anyone from getting a child's personal information without a parent knowing about it and agreeing to it first.

COPPA requires websites to explain their privacy policies on the site and get parental consent before collecting or using a child's personal information, such as a name, address, phone number, or Social Security number. The law also prohibits a site from requiring a child to provide more personal information than necessary to play a game or participate in a contest.

But even with this law, your kids' best online protection is you. By talking to them about potential online dangers and monitoring their computer use, you'll help them surf the Internet safely.

### Online Protection Tools

Online tools are available that will let you control your kids' access to adult material and help protect them from Internet predators. No option is going to guarantee that they'll be kept away from 100% of the risks on the Internet. So it's important to be aware of your kids' computer activities and educate them about online risks.

Many Internet service providers (ISPs) provide parent-control options to block certain material from coming into a computer. You can also get software that helps block access to certain sites based on a "bad site" list that your ISP creates. Filtering programs can block sites from coming in and restrict personal information from being sent online. Other programs can monitor and track online activity. Also, make sure your kids create a screen name to protect their real identity.

### Getting Involved in Kids' Online Activities

Aside from these tools, it's wise to take an active role in protecting your kids from Internet predators and sexually explicit materials online. To do that:

- Become computer literate and learn how to block objectionable material.
- Keep the computer in a common area, not in individual bedrooms, where you can watch and monitor its use. Monitor any time spend on smartphones or tablets.
- Share an email or social media account with your child so you can monitor messages.
- Bookmark kids' favorite sites for easy access.
- Spend time online together to teach your kids appropriate online behavior.
- Forbid your child from entering private forums; block them with safety features provided by your Internet service provider or with special filtering software. Be aware that posting messages to forums reveals a

user's email address to others.

- Monitor your credit card and phone bills for unfamiliar account charges.
- Find out what, if any, online protection is offered by your child's school, after-school center, friends' homes, or anyplace where kids could use a computer without your supervision.
- Take your child seriously if he or she reports an uncomfortable online exchange.
- Call the National Center for Missing and Exploited Children at (800) 843-5678 if you're aware of the transmission, use, or viewing of child pornography online. Contact your local law enforcement agency or the FBI if your child has received child pornography via the Internet.

Many sites use "cookies," devices that track specific information about the user, such as name, email address, and shopping preferences. Cookies can be disabled. Ask your Internet service provider for more information.

## Basic Rules

Set up some guidelines for your kids to use while they're online, such as:

- Follow the rules you set, as well as those set by your Internet service provider.
- Never post or trade personal photographs.
- Never reveal personal information, such as address, phone number, or school name or location. Use only a screen name. Never agree to meet anyone from a chat room or social media site in person.
- Never respond to a threatening email, message, post, or text.
- Always tell a parent about any communication or conversation that was scary.
- If your child has a new "friend," insist on being "introduced" online to that friend.

## A Word of Caution

Forums, or chat rooms, are virtual online rooms where chat sessions take place. They're set up according to interest or subject, such as a favorite sport or TV show. Because people can communicate with each other alone or in a group, these places can be popular online destinations — especially for kids and teens.

But these sites can pose hazards for kids. Some kids have met "friends" in chat rooms who were interested in exploiting them. No one knows how common chat-room predators are, but pedophiles (adults who are sexually interested in children) are known to frequent chat rooms.

These predators sometimes prod their online acquaintances to exchange personal information, such as addresses and phone numbers, thus putting the kids they are chatting with — and their families — at risk.

Pedophiles often pose as teenagers in chat rooms. Because many kids have been told by parents not to give out their phone numbers, pedophiles may encourage kids to call them — and if they do, caller ID will instantly give the offenders the kids' phone numbers.

## Warning Signs

Warning signs of a child being targeted by an online predator include spending long hours online, especially at night, phone calls from people you don't know, or unsolicited gifts arriving in the mail. If your child suddenly turns off the computer when you walk into the room, ask why and monitor computer time more closely. Withdrawal from family life and reluctance to discuss online activities are other signs to watch for.

Contact your local law enforcement agency or the FBI if your child has received pornography via the Internet or has been the target of an online sex offender.

Taking an active role in your kids' Internet activities will help ensure that they benefit from the wealth of valuable information it offers without being exposed to any potential dangers.


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# 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