



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

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: 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>.

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.

Inclusion in this handout does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this handout. Web site addresses are as current as possible but may change at any time.

The American Academy of Pediatrics (AAP) does not review or endorse any modifications made to this handout and in no event shall the AAP be liable for any such changes.

© 2019 American Academy of Pediatrics. All rights reserved.



BRIGHT FUTURES HANDOUT ► PATIENT

7 AND 8 YEAR VISITS

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

✓ TAKING CARE OF YOU

- If you get angry with someone, try to walk away.
- Don't try cigarettes or e-cigarettes. They are bad for you. Walk away if someone offers you one.
- Talk with us if you are worried about alcohol or drug use in your family.
- Go online only when your parents say it's OK. Don't give your name, address, or phone number on a Web site unless your parents say it's OK.
- If you want to chat online, tell your parents first.
- If you feel scared online, get off and tell your parents.
- Enjoy spending time with your family. Help out at home.

✓ HANDLING FEELINGS

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

✓ EATING WELL AND BEING ACTIVE

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Wear a mouth guard when playing sports.
- Eat breakfast every day.
- Be a healthy eater. It helps you do well in school and sports.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Eat when you're hungry. Stop when you feel satisfied.
 - Eat with your family often.
- If you drink fruit juice, drink only 1 cup of 100% fruit juice a day.
- Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
- Have healthy snacks such as fruit, cheese, and yogurt.
- Drink at least 3 glasses of milk daily.
- Turn off the TV, tablet, or computer. Get up and play instead.
- Go out and play several times a day.

✓ DOING WELL AT SCHOOL

- Try to do your best at school. Doing well in school helps you feel good about yourself.
- Ask for help when you need it.
- Find clubs and teams to join.
- Tell kids who pick on you or try to hurt you to stop. Then walk away.
- Tell adults you trust about bullies.

7 AND 8 YEAR VISITS—PATIENT



PLAYING IT SAFE

- Make sure you're always buckled into your booster seat and ride in the back seat of the car. That is where you are safest.
- Wear your helmet and safety gear when riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Ask your parents about learning to swim. Never swim without an adult nearby.
- Always wear sunscreen and a hat when you're outside. Try not to be outside for too long between 11:00 am and 3:00 pm, when it's easy to get a sunburn.
- Don't open the door to anyone you don't know.
- Have friends over only when your parents say it's OK.
- Ask a grown-up for help if you are scared or worried.
- It is OK to ask to go home from a friend's house 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 a grown-up
 - Shows you his or her private parts.
 - Asks you to show him or her yours.
 - Touches your private parts.
 - Scares you or asks you not to tell your parents.
 - If that person does any of these things, get away as soon as you can and tell your parent or another adult you trust.
- If you see a gun, don't touch it. Tell your parents right away.

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.

Inclusion in this handout does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this handout. Web site addresses are as current as possible but may change at any time.

The American Academy of Pediatrics (AAP) does not review or endorse any modifications made to this handout and in no event shall the AAP be liable for any such changes.

© 2019 American Academy of Pediatrics. All rights reserved.

Screen Time Guidelines by Age

As recommended by the American Academy of Pediatrics

Under 18 months old

No screen time outside of video chatting with Grandma, etc.

Toddlers (18 months-24 months)

Little to no screen time recommended

- This is a critical developmental period for them, so encourage as much physical and creative interaction with people as possible.
- If they do get screen time, co-watch high-quality educational content with them to help them understand what they are seeing, and limit total exposure to < 1 hour. (Content offered by [Sesame Workshop](#) and [PBS Kids](#) is great)

Preschoolers (3-5)

Up to 1 hour per day is fine

- Try to plan TV-time in advance – resist the temptation to use them as a calming or distracting device.
- Children at this age can have mindful interaction with characters, so help them understand what they are seeing and apply it to the world around them!
- Many types of screen media content have print or other versions – try finding books or toys that can enable your child to interact with favorite characters off-screen. It makes for another way to engage your kids in creative play!

Elementary School Aged (6-10)

Up to 1 to 1.5 hours per day

- Place consistent limits on time spent using media, and the types of media being consumed.
- Since they are now entering school, make sure screens don't become a habit before homework gets completed.
- While developing tech skills is important, try to aim for a balance of creative and laid-back time.
- As they grow, parents can gradually give kids more control and choice in how they manage their time.
- Make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

Middle School Aged (11-13)

Up to 2 hours per day

- At this age, children can understand the concept of balance. It is up to parents to help them see how screen time fits into their schedule.
- If you find your child getting really into a certain video game for a week or two, gently try to help them understand the benefits of moderation.
- Help your children understand that recognizing when we are spending too much time doing any one thing is a valuable life skill.

Everyone in the Family

- Communal screen activities positively engage children in different ways! Break down screen time's inherent tendency to isolate us by enjoying a movie night or trip to the theater together.
- Participate in regular, physical activity together – walks, bike rides, trips to the park, etc.
- Model the type of behavior you want – limit your own screen time to 2 hours per day.
- Reinforce the message by having consistent conversations about appropriate amounts of screen time.
- Designate media-free time together, such as at the dinner table, in the car, etc., to achieve balance.



Managing Screen Time at Home

The guidelines listed above are a great starting point. Additional ways to monitor and protect your children from the effect of blue light exposure from digital screens include:

- Monitoring time on devices via screen-time-tracking and parental control apps like [Zift](#) and [Screen Time](#)
- Balancing exposure by implementing “earned” screen time by completing homework, finishing chores, brushing teeth, etc.
- Removing or shutting off digital devices in the child’s bedroom 2 hours before bedtime to enforce limits and encourage a consistent sleep routine.
- Providing nutritional support against the harmful effects of blue light on eyesight via [EyePromise Screen Shield™ Teen](#)

Sources:

“American Academy of Pediatrics Announces New Recommendations for Children’s Media Use.” AAP.org, www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx.

Marcoux, Heather. “No More Guessing: Screen Time Guidelines for Toddlers to Teenagers.” Motherly, Motherly, 7 Aug. 2018, www.mother.ly/child/no-more-guessing-screen-time-guidelines-for-toddlers-to-teenagers.

8 Years



A program of the American Academy of Pediatrics



8 YEARS

Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most injuries!**

At age 8, children are now taking off on their own. They look to friends for approval. They try to do daring things. They may not want to obey grown-up rules. But your child can learn safety rules with your help and reminders. Your child now goes out more without you and could drown, be hurt on a bike, or be hit by a car. And your child still can be hurt or killed while riding in a car if he or she is not buckled by a seat belt in a belt-positioning booster seat.

Sports Safety

Ask your doctor which sports are right for your child. **Be sure your child wears all the protective equipment made for the sport**, such as shin pads, mouth guards, wrist guards, eye protection, or helmets. Your child's coach also should be able to help you select protective equipment.



Water Safety

No one is safe alone in water, even if he or she knows how to swim. **Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching.** The adult must be supervising closely and continuously without distractions like reading or using a phone. *Never* let your child swim in canals or any fast-moving water. Teach your child to always enter the water feet first. Any child who is not a strong swimmer should wear an approved life jacket when in or near water, and all children and adults should wear life jackets when boating or using personal watercraft.



And Remember Bike Safety

Make sure your child always wears a helmet while riding a bike. Now is the time to teach your child the "rules of the road." Be sure he or she knows the rules and can use them. Watch your child ride. See if he or she is in control of the bike. See if your child uses good judgment. Your 8-year-old is not old enough to ride at dusk or after dark. Make sure your child brings the bike in when the sun starts to set.



Car Safety

NEVER start the car until you've checked to be sure that your child is properly restrained in a booster seat. Your child should use a booster seat until the lap belt can be worn low and flat on the hips and the shoulder belt across the middle of the chest and shoulder rather than the face or neck (usually at about 4 feet 9 inches tall and between 8 and 12 years of age). Be sure that you and all others in the car are buckled up too. Serious injuries can occur with lap belts alone. **The safest place for all children to ride is in the back seat.**



(over)

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. Even if your child is taught never to touch a gun, if there is a gun in the house a child's curiosity can lead to severe injury or death. It is best to keep all guns out of your home. If you keep a gun, store it unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.



Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR (cardiopulmonary resuscitation). Be prepared...for your child's sake!

From Your Doctor

The information in this publication 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.

Tips for Getting Your Children to Wear Bicycle Helmets



Tips for Getting Your Children to Wear Bicycle Helmets

Establish the helmet habit early.

Have your children wear helmets as soon as they start to ride tricycles and if they are a passenger on the back of an adult's bike. If they learn to wear helmets whenever they ride tricycles and bikes, it becomes a habit for a lifetime. It's never too late, however, to get your children into helmets. Allow your child to participate in choosing their helmet. They'll be able to let you know if it is comfortable. And if they like the design, they are more likely to wear it.

Wear a helmet yourself.

Children learn best by observing you. Whenever you ride your bike, put on your helmet. Plan bicycle outings during which all family members wear their helmets to further reinforce the message. The most important factor influencing children to wear helmets is riding with an adult who wears a helmet.

Talk to your children about why you want them to protect their heads.

There are many things you can tell your children to convince them of the importance of helmet use.

1. Bikes are vehicles, not toys.
2. You love and value them and their intelligence, and need to protect them.
3. They can permanently hurt their brains or even die of head injuries.

Most professional athletes use helmets when participating in sports. Bicycle racers are now required to use them when racing in the United States and in the Olympics.

Reward your kids for wearing helmets.

Praise them; give them special treats or privileges when they wear their helmets without having to be told to.

Don't let children ride their bikes unless they wear their helmets.

Be consistent. If you allow your children to ride occasionally without their helmets, they won't believe that helmet use really is important. Tell your children they have to find another way to get where they are going if they don't want to use their helmets.

Encourage your children's friends to wear helmets.

Peer pressure can be used in a positive way if several families in the neighborhood start making helmet use a regular habit at the same time.

How should a helmet fit?

A helmet should be worn squarely on top of the head, covering the top of the forehead. If it is tipped back, it will not protect the forehead. The helmet fits well if it doesn't move around on the head or slide down over the wearer's eyes when pushed or pulled. The chin strap should be adjusted to fit snugly.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



From Your Doctor

(over)

REMEMBER:

Head injuries can occur on sidewalks, on driveways, on bike paths, and in parks as well as on streets. You cannot predict when a fall from a bike will occur. It's important to wear a helmet on every ride.

Dear Parent:

Your child is old enough to start learning how to prevent injuries. The games below are designed to help him or her think about safety. Read the messages with your child and talk about them. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other about these safety messages. Make safety a big part of your lives.

DIRECTIONS: Circle the signs that belong to "Rules of the Road."
Be a smart and safe rider. Learn the "Rules of the Road."



DIRECTIONS: Use the code key to read this message (the first letter has been done for you).

CODE KEY

	■	●	◆	♥	★
■	A	B	C	D	E
●	F	G	H	I	J
◆	K	L	M	N	O
♥	P	Q	R	S	T
★	U	V	W	X	Y
▲	Z				

N
 ◆♥ ■★ ★● ■★ ♥◆

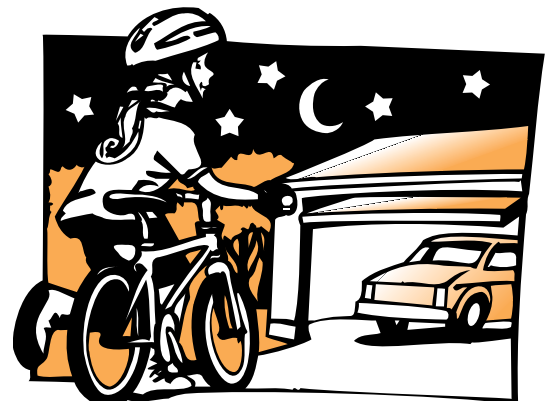
 ♥◆ ●♥ ■♥ ■★

 ■■ ♥★

 ◆♥ ●♥ ●● ●◆ ♥★

NEVER RIDE AT NIGHT

Always put your bike away when the sun goes down.



The information in this publication 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 the individual facts and circumstances.



Safe Bicycling Starts Early

When a child receives his or her first tricycle or bicycle, a lifelong pattern of vehicle operation is begun. A bike is not just a toy, but a vehicle that is a speedy means of transportation, subject to the same laws as motor vehicles.

Training Children in Proper Use of Their Bicycles

1. Parents should set limits on where children may ride, depending on their age and maturity. Most serious injuries occur when the bicyclist is hit by a motor vehicle.
 - a. Young children should ride only with adult supervision and off the street.
 - b. The decision to allow older children to ride in the street should depend on traffic patterns, individual maturity, and an adequate knowledge and ability to follow the “Rules of the Road.”
2. Children must be provided with helmets (approved by the Consumer Product Safety Commission [CPSC]) and taught to wear them properly on every ride, starting when they get their first bike or tricycle.
3. The most important “Rules of the Road” for them to learn are
 - a. Ride with traffic.
 - b. Stop and look both ways before entering the street.
 - c. Stop at all intersections, marked and unmarked.
 - d. Before turning, use hand signals and look all ways.
4. Children should never ride at dusk or in the dark. This is extremely risky for children and adults. Your child should be told to call home for a ride rather than ride a bike.
5. Children should receive training in bicycle riding, including “Rules of the Road,” and should have their privilege with the bike withheld if they ignore safety rules or don’t wear a helmet.
6. Children should learn how to keep their bikes in good repair, with parents checking the tires, brakes, and seat and handlebar height annually.

From Your Doctor

(over)

The information in this publication 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 the individual facts and circumstances.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Dear Parent:

Your child is old enough to start learning how to prevent injuries. The games below are designed to help him or her think about safety. Read the messages with your child and talk about them. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other about these safety messages. Make safety a big part of your lives.



Bike Safety

Always wear a



when you ride your



Get the Helmet Habit!

E	H	T	E	M	L	E	H
H	E	L	E	M	H	E	T
E	L	E	H	M	E	T	M
T	M	M	T	H	L	E	L
E	E	H	E	L	M	E	T
M	T	E	M	L	E	H	H
L	H	E	L	M	T	T	E
E	M	H	E	L	M	E	T
H	E	L	H	H	E	T	M

Directions: Can you find the word "HELMET" in 9 different places (any direction)?

1. When turning or stopping,

2. LOOK both ways,

3. Always ride

4. Always stop at

5. When you ride on the sidewalk

6. Riders must always

at street corners and driveways.

STOP signs and the curb.

wear their helmet.

watch out for people.

always use hand signals.

with the traffic, to the right.

"Rules of the Road"

teaches you to ride your bike safely.

Directions: Here are 6 important "Rules of the Road." Draw a line from the first part of the rule to the correct ending to complete the sentence. The first one is done for you.





Firearms Injury Prevention

More than 44 million Americans own firearms. Of the 192 million firearms owned in the United States, 65 million are handguns. Research shows guns in homes are a serious risk to families.

- A gun kept in the home is 43 times more likely to kill someone known to the family than to kill someone in self-defense.
- A gun kept in the home triples the risk of homicide.
- The risk of suicide is 5 times more likely if a gun is kept in the home.

Advice to parents

The best way to keep your children safe from injury or death from guns is to NEVER have a gun in the home.

- Do not purchase a gun, especially a handgun.
- Remove all guns present in the home.
- Talk to your children about the dangers of guns, and tell them to stay away from guns.
- Find out if there are guns in the homes where your children play. If so, talk to the adults in the house about the dangers of guns to their families.

For those who know of the dangers of guns but still keep a gun in the home

- Always keep the gun unloaded and locked up.
- Lock and store the bullets in a separate place.
- Make sure to hide the keys to the locked boxes.

From Your Doctor

The information in this publication 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 the individual facts and circumstances.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™





Booster Seats for School-Aged Children

Booster seats are for older children who have outgrown their forward-facing seats. All children whose weight or height exceeds the forward-facing limit for their car safety seat should use a belt-positioning booster seat until the vehicle seat belt fits properly. Typically, this is when they have reached 4 feet 9 inches in height and are 8 to 12 years of age. Most children will not fit in most vehicle seat belts without a booster until 10 to 12 years of age.



All children younger than 13 years should ride in the back seat. Instructions that come with your car safety seat will tell you the height and weight limits for the seat. As a general guideline, a child has outgrown a forward-facing seat when any of the following situations is true:

- They reach the top weight or height allowed for his seat with a harness. (These limits are listed on the seat and in the instruction manual.)
- Their shoulders are above the top harness slots.
- The tops of their ears have reached the top of the seat.

Types of Booster Seats:

High-back and backless are 2 standard types of booster seats. They do not come with a harness but are used with lap and shoulder seat belts in your vehicle, the same way an adult rides. They are designed to raise a child up so that lap and shoulder seat belts fit properly over the strongest parts of the child's body.

Most booster seats are not secured to the vehicle seat with the seat belt or lower anchors and tether but simply rest on the vehicle seat and are held in place once the seat belt is fastened over a child. However, some models of booster seats can be secured to the vehicle seat and kept in place by using the lower anchors and tether along with lap and shoulder belts. (Currently, only a few vehicle manufacturers offer integrated booster seats.)

Installation Tips for Booster Seats:

When using a booster seat, always read the vehicle owner's manual and the car safety seat manual before installing the seat. Booster seats often have a plastic clip or guide to correctly position vehicle lap and shoulder belts. See the booster seat instruction manual for directions on how to use the clip or guide.

Booster seats must be used with lap and shoulder belts. When using a booster seat, make sure:

- The lap belt lies low and snug across your child's upper thighs.
- The shoulder belt crosses the middle of your child's chest and shoulder and is off the neck.
- If your booster seat has lower anchors or tether attachments, check its manual for installation instructions.

How to Use a Booster Seat - Video:

In this video, Benjamin Hoffman, MD, FAAP, a pediatrician and certified car seat technician, guides parents on how to properly use and install booster seats in your vehicle. Booster seats should be used until your child can correctly fit in the adult lap and shoulder seat belts, typically when they are around 4 feet 9 inches in height and 8 to 12 years old.

Boost Your Child's Safety! Mastering the Art of Using a Booster Seat | AAP



Common Questions about Booster Seats:

What if my car has only lap belts in the back seat?

Lap belts work fine with rear-facing-only, convertible, and forward-facing seats that have a harness but can never be used with a booster seat. If your car has only lap belts, use a forward-facing seat that has a harness and higher weight limits. You could also

- Check to see if shoulder belts can be installed in your vehicle.
- Use a travel vest (check the manufacturer's instructions about the use of lap belts only and about the use of lap and shoulder belts).
- Consider buying another car with lap and shoulder belts in the back seat.

What is the difference between high-back boosters and backless boosters?

- Both types of boosters are designed to raise your child so seat belts fit properly, and both will reduce your child's risk of injury in a crash. High-back boosters should be used in vehicles without headrests or with low seat backs. Many seats that look like high-back boosters are actually combination seats. They come with harnesses that can be used for smaller children and, later, removed for older children. Backless boosters are usually less expensive and are easier to move from one vehicle to another. Backless boosters can be used safely in vehicles with headrests and high seat backs.

Additional Information from HealthyChildren.org:

- [Forward-Facing Car Seats for Toddlers & Preschoolers \(/English/safety-prevention/on-the-go/Pages/Forward-Facing-Car-Seats-for-Toddlers-Preschoolers.aspx\)](/English/safety-prevention/on-the-go/Pages/Forward-Facing-Car-Seats-for-Toddlers-Preschoolers.aspx)
- [Car Seats: Product Listing \(/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Product-Listing.aspx\)](/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Product-Listing.aspx)
- [Seat Belts for Older Children & Adults \(/English/safety-prevention/on-the-go/Pages/Seat-Belts-for-Older-Children-Adults.aspx\)](/English/safety-prevention/on-the-go/Pages/Seat-Belts-for-Older-Children-Adults.aspx)

Updated 2/28/2021

Source Adapted from Car Safety Seats Guide (Copyright © 2021 American Academy of Pediatrics)

[Back to Top](#)

The information contained on this Web site 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.



Courtesy Horizon Blue Cross Blue Shield

Get on a healthy track by adding these tips to your daily routine.

Eat 5 servings of fruits and veggies every single day.



Examples:

Fruits

- Apples, bananas, oranges
- Berries, grapes
- Pears, plums, melon
- Canned fruit (packed in 100% juice or water)

Vegetables

- Asparagus, broccoli
- Beans, lentils, peas
- Carrots, celery
- Spinach, collard greens
- Tomatoes, peppers
- Canned veggies

Limit screen time to 2 hours or less.



Screen time includes:

- Watching TV, videos or DVDs
- Playing or being on a computer
- Playing regular and hand-held video games
- Going to the movies
- Instant messaging or online chatting

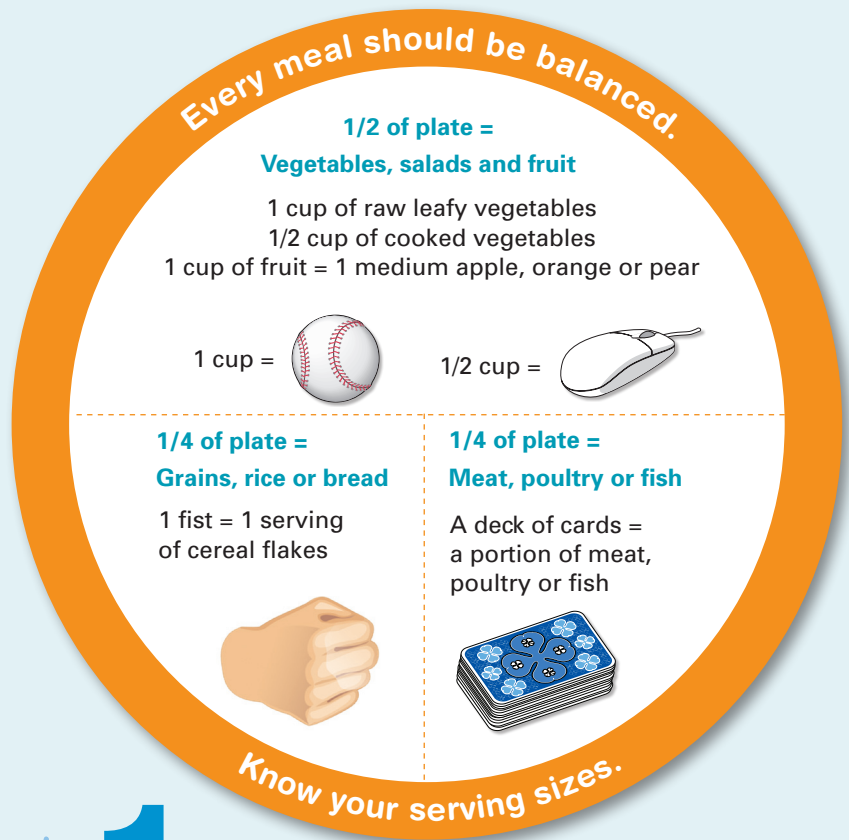


Get at least 1 hour of physical activity.

Make sure an adult is there.

- Walk to and/or from school
- Jump rope
- Ride a bike
- Play catch
- Jump, skip or hop to music

Review provided by leading experts:
American Academy of Pediatrics
American Diabetes Association



Limit sweetened drinks to 0.

Examples of sweetened drinks to stay away from:

- Soft drinks, soda, pop
- Juice drinks
- Chocolate milk
- Sports drinks

Instead, drink:

- Water with lemon, lime or orange to add flavor
- 1% or skim milk
- Unsweetened drinks
- Ask your physician about other healthy drink options



Eat 5 servings of fruits and veggies every single day.



- Read the labels on food, including labels on soda, juice and fruit-based products that have a lot of sugar.
- Involve your child in shopping and meal planning. Children may want to eat healthier meals if they help make them.
- Encourage your child to try new, healthy foods. Try one new healthy recipe or food each week.
- Avoid using food as a reward or punishment.
- Remember your portion sizes: 3 oz. of meat is the size of a deck of playing cards, a 4 oz. bagel is the size of a hockey puck, one cup of pasta is the size of a tennis ball, and 1 oz. of cheese is the size of four dice.
- Put food on small plates, like salad plates, instead of large dinner plates.
- Eat meals at home and try to eat meals with the whole family each day.
- Avoid eating at fast-food restaurants.

Limit screen time to 2 hours or less.



- Encourage your child to be active before letting him or her watch TV, play video games or use a computer.
- Limit the time your child sits at the computer, plays video games and watches movies.
- Limit the amount of time your child can watch TV (for example, if your child gets five hours of screen time a day, limit screen time to four hours initially and gradually decrease screen time to two or less hours per day).
- Avoid putting a TV in your child's bedroom.
- Have "family time" after dinner and play games, tell stories or do other fun things.
- Avoid eating food in front of the TV.

Get at least 1 hour of physical activity.



- Walk 10 minutes with your child every day to make sure your family is getting enough exercise.
- Have a family contest to see who is the most active every day.
- Tell your child to play basketball, soccer or their favorite outdoor game with other children.
- Do jumping jacks or other quick activities while watching commercials with your kid.
- Go fly a kite with your kids.
- Have your kids play active games like jumping rope to music or hula hooping.
- Take your kids for a bike ride around the neighborhood.
- Wash the car with your kids.
- When you are at the mall, have your kids walk with you.
- Play inside with your child by dancing around the living room to fun music.
- Play tag with your kids.
- Have your children walk or bike to school.
- Other activities: _____

Limit sweetened drinks to 0.



- Drink water or low-fat/nonfat milk instead of sweetened drinks like juice, sweet tea, sports drinks or soft drinks.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.
- Tell everyone in your family to avoid drinks that have sugar.

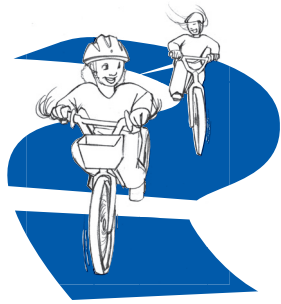


Illustration by
Billy Nuñez, age 16

FRIENDS ARE IMPORTANT: TIPS FOR PARENTS

HOW PARENTS CAN HELP

As your child is making new friends and spending more time with them, you can:

- Get to know these friends and their parents.
- Communicate expectations about friendships in a clear and open way.
- Help your child connect to school and the larger community.

Friendships are important, but your guidance and monitoring of activities are needed for your child to be safe and successful.

Friendships take on new meaning and importance as your child grows. Young people make and break friendships, explore the world around them, and begin to figure out who they want to be.

Friends will become more important to your child during this time. Friends help teach:

- Communication skills
- Self-confidence
- A sense of self

FRIENDS ARE SPECIAL

Friendships are some of your child's most important relationships. Close friendships involve intense feelings, learning how to trust, learning to criticize with honesty, and feeling secure outside of the family.

Friends help define personality and independence. Friendships teach young people how to deal with their own complex feelings and those of others.

With more friends and a wider range of interests and activities, your child may begin to spend less time at home.

**By knowing your child's close friends,
you will learn a lot about your child.**

GET TO KNOW YOUR CHILD'S FRIENDS

- Talk with them on the phone.
- Meet them at neighborhood or school events.
- Find out what they and your child do together.

Let your child know that friends are welcome in your home.

- Review "house rules" with your child prior to the visit.
- Let your child, the friend, and the friend's family know that an adult will be there.
- Know what's going on by seeing, hearing, and talking with them about what they are doing. Be informed, but keep a low profile.

Follow guidelines for when your child is invited to a friend's home.

- Find out about the friend's "house rules" and who else will be at home, like parents, another adult, brothers, or sisters.
- Ask about what they plan to do during the visit.
- Talk with your child about things that are important to you: no guns, violent TV and video games, alcohol, tobacco, and other drugs. Take this time to review behaviors that are healthy and those that are dangerous.
- Be sure to have the telephone number of where your child can be reached. If you want to call, go ahead and pick up the phone.
- If there is a change of plans, you need to be told.



GET TO KNOW OTHER PARENTS

- Talk with them on the phone.
- Meet them at neighborhood or school events.
- Greet them when dropping your child off at their home.

COMMUNICATION IS KEY

School-aged children need and want more independence. Good communication, with clear expectations, helps parents and children trust that what is going on is safe.

To communicate clearly and openly with your child,

- Make clear and consistent rules.
- Speak in a firm and loving voice.
- Agree on rules, like curfew time, and enforce the agreed-upon consequences when a rule is broken.
- Know where and with whom your child is spending time.

When plans change—and they will—let your child know that you need to be contacted for approval of any changes.

Staying in Touch

- If your child has a cell phone or pager, talk about its proper use.
- For emergencies, your child needs to know, and have written down, your home, work, and cell phone numbers.
- Have a back up plan. If you cannot be reached, your child also needs the contact information for an adult relative, neighbor, or family friend who can be called.

PROMOTE A SENSE OF BELONGING

Young people often do best when they belong to a group.

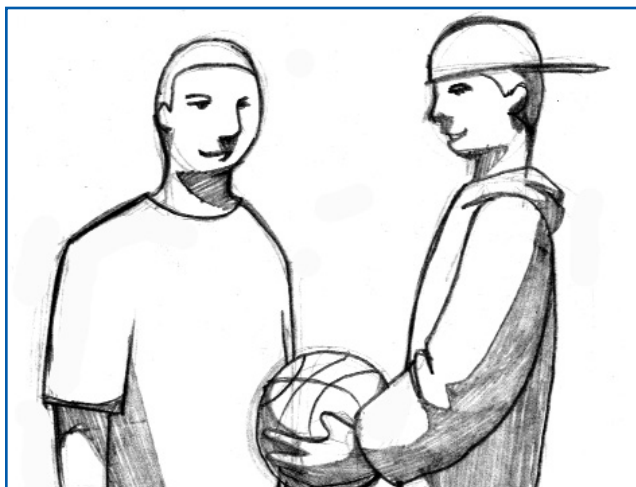
- Help your child use afternoons, weekends, and summers to find activities that will help develop this sense of belonging.
- Many young people are involved with a sports team, after-school music or arts programs, or Boys & Girls Clubs. Others join the youth group of a religious association.
- Support your child during this time of pursuing personal interests and exploring new opportunities. Know that your child's interests are likely to change frequently!

Sports—Besides playing, your child might help coach, be a student manager, become an official, or be a timekeeper. Talk about good sportsmanship.

- Being a good winner and a good loser.
- Keeping a positive attitude.
- Showing respect for players, coaches, officials, and the crowd. Discuss how important it is to set a good example while watching a game or event.

Clubs—Check with the school and local community groups to find out what is offered. You may be surprised to find out how many different programs are available.

- Get involved as a chaperone or adult member.
- Help your child think about the different activities that are available and to make good choices. But allow space for independent exploration. There is a fine balance here. If you become too pushy, your child may pull back and not want to talk with you.



As your child explores different options, safety is always a concern.

Find out:

- Where will the activity be? Indoors or outdoors? Far from or close to your home?
- How will the activity be supervised? By parents, an older brother or sister, or another adult?
- Is this a structured program or school-sponsored activity?

COMMUNITY SERVICE

Volunteering is a good way for your child to make friends. In turn, the whole community benefits from their talent and energy.

Help your child find ways to give back.

By helping others in the community, young people build self-confidence and learn how to work with others. They can:

- Help younger children learn to read.
- Assist their peers as tutors.
- Help paint a mural or build a playground.

One of the most powerful ways to have an effect on who your child is friends with is when you become involved.

Find community projects that you and your child can work on together. Volunteering may even lead to a paying job!

Connected Kids are Safe, Strong, and Secure

The information contained in this publication 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.

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.

This project was supported by Grant No. 2001-JN-FX-0011 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

All rights reserved.
HE50392

Graphic design and illustrations by Artists For Humanity, a non profit arts and entrepreneurship program for Boston teens.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

VACCINE INFORMATION STATEMENT

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Influenza vaccine can prevent **influenza (flu)**.

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

In an average year, **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2. Influenza vaccines

CDC recommends everyone 6 months and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season.

Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")

In some cases, your health care provider may decide to postpone influenza vaccination until a future visit.

Influenza vaccine can be administered at any time during pregnancy. People who are or will be pregnant during influenza season should receive inactivated influenza vaccine.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

4. Risks of a vaccine reaction

- Soreness, redness, and swelling where the shot is given, fever, muscle aches, and headache can happen after influenza vaccination.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636** (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/flu.

