

Bright Futures Information for Patients: 8 Year Visit

Here are some suggestions from Bright Futures experts that may be of value to 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 your health care professional 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 website 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.

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.

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.

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.

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>.

For more resources for families, go to <https://brightfutures.aap.org/families>.

The information contained in this webpage 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 webpage 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 webpage. Website 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.

American Academy of Pediatrics | Bright Futures | <https://brightfutures.aap.org>

© Copyright 2020 American Academy of Pediatrics. All rights reserved.

345 Park Boulevard, Itasca, IL, 60143, (800)433-9016

[AAP HOME](#) | [CONTACT AAP](#) | [PRIVACY STATEMENT](#) | [TERMS OF USE](#)