



# 6 YEAR VISIT (Also Appropriate for 7 Year Visit)

Date: \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

## Bright Futures



■ = For the parent    ★ = For the child

### At Today's Visit

- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations: DTaP; polio; MMR. Ask your health professional about them.
- You and your child will have an opportunity to ask questions.

### Things You May Want to Discuss During This Visit

- ★ How school is going for you.
- ★ What you like most about school and what you like least.
- Activities and games your child enjoys with his friends.
- Concerns about sleeping or eating.
- Changes in your family since your last visit.
- Something your child has done that you are especially proud of.
- Any other topics you may want to discuss.




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### Notes:



Name \_\_\_\_\_



### Things to Keep in Mind Between Now and the Next Visit

- Be sure your child gets enough sleep.
- Limit TV and video viewing to about 1 hour a day. Watch programs with your child and discuss them together.
- Keep matches, poisons, guns, and other hazards locked up and out of reach.
- Teach your child how to choose healthy foods, including fruits and vegetables. Share meals together regularly.
- Encourage self-discipline and impulse control.
- Be prepared to answer questions about sex at your child's level of understanding.
- Listen as your child begins to read out loud. Read together with her.
- Assign household chores, including responsibility for personal belongings.
- Provide personal space (even if it is limited) for your child at home.
- Look into programs for your child (school, before- and after-school, recreational, or other activities).



### How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child's eating, sleeping, and social behaviors.
- Encourage your child to think about things he may want to talk about with the health professional. Help your child learn about the health visit process.
- Keep a list of topics you and your child would like to discuss at your next visit.
- Bring in a schedule of your child's activities outside of school.
- Share ideas with the health professional about community resources that you have found useful.

### What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.

### Notes:



# 8 YEAR VISIT (Also Appropriate for 7 or 9 Year Visit)

Date: \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

## Bright Futures



■ = For the parent    ★ = For the child

### At Today's Visit

- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.
- You and your child will have an opportunity to ask questions.

### Things You May Want to Discuss During This Visit

- ★ How school is going; activities or sports you are involved in.
- ★ Something that you are really good at and like to do.
- ★ What you and your friends do for fun.
- How your child deals with anger or frustration.
- Rules at home about food, movies, toys, language, and makeup.
- Concerns about your child's school work or behavior.
- Changes in your family since your last visit.
- Something your child has done that you are especially proud of.
- Any other topics you or your child may want to discuss.



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### Notes:



Name \_\_\_\_\_

## Bright Futures



### Things to Keep in Mind Between Now and the Next Visit

- Be sure your child's lap safety belt fits low and snugly across his thighs and the shoulder belt rests across the center of his chest.
- Talk to your child about avoiding drugs, alcohol, and tobacco.
- Make sure your child understands water, bike, neighborhood, and sports safety.
- Learn how to prevent dental injuries and how to handle dental emergencies.
- Encourage your child to read and develop hobbies.
- Get to know your child's friends and their families.
- Encourage positive interactions between your child and her teachers and other adults.
- Make sure your child has a healthy, safe, and supervised after-school environment.

### How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Update your child's health and immunization records.
- Encourage your child to think about things he may want to talk about with the health professional. Help your child learn about the health visit process.
- Keep a list of topics you and your child would like to discuss at your next visit.
- Bring in report cards and results of parent-teacher conferences.
- Share ideas with the health professional about community resources that you have found useful.

### What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.



### Notes:



# 10 YEAR VISIT (Also Appropriate for 9 Year Visit)

Date: \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

## Bright Futures



■ = For the parent    ★ = For the child

### At Today's Visit

- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.
- You and your child will have an opportunity to ask questions.



### Things You May Want to Discuss During This Visit

- ★ How to handle pressure from your friends to do things you don't want to do.
- ★ Your favorite foods, making your own meals.
- ★ Questions about sex.
- ★ Any other topics you may want to discuss.

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- Concerns about your child's reading or math skills.
- Your participation in activities at your child's school.
- Your child's interests and talents.
- Changes in your family since your last visit.
- Something your child has done that you are especially proud of.
- Any other topics you may want to discuss.

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### Notes:



## 10 YEAR VISIT (Also Appropriate for 9 Year Visit)

Name \_\_\_\_\_

**Bright Futures**



### Things to Keep in Mind Between Now and the Next Visit

- Encourage regular physical activity. Be sure your child gets enough sleep.
- Supervise your child's personal care and hygiene. Reinforce the importance of handwashing.
- Talk with your child about avoiding alcohol, tobacco, and drugs.
- Make sure your child always wears a bike helmet and knows how to be safe when riding her bike.
- Model and encourage good eating choices and habits. Help your child choose nutritious snacks.
- Be sure your child brushes his teeth twice a day and flosses daily.
- Prepare your child for puberty, and talk about sexual development (periods, wet dreams).
- Help your child pursue talents and interests. Praise her for her efforts and accomplishments.
- Provide a well-lighted, quiet space for homework, and remove distractions such as television.
- Set reasonable but challenging expectations. Encourage a sense of social responsibility.
- Participate in different cultural activities, and teach your child about his own culture.

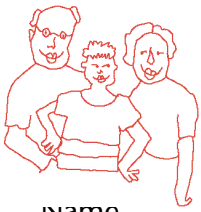
### How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child's eating, sleeping, and social behaviors.
- Note any changes in your family, such as deaths, marriages, divorces, or moves.
- Recognize your child's increasing independence and new challenges.
- Encourage your child to think about things she may want to talk about with the health professional. Help your child learn about the health visit process.
- Keep a list of topics you and your child would like to discuss at your next visit.



### What to Expect at the Next Visit

- Your child will have a physical examination and may be asked to give a urine sample.
- You will be asked about your family's history of heart disease, and your child's blood pressure will be checked.
- Your child's vision and hearing may be checked.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.



## EARLY ADOLESCENCE VISITS (11, 12, 13, and 14 Years)

Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

**Bright Futures**



■ = For the parent    ★ = For the adolescent

### At Today's Visit

- You and your health professional will have an opportunity to talk about your adolescent's growth and development.
- Your health professional will ask for an update on your adolescent's health.
- Your adolescent will have a physical examination and may be asked to give a urine sample.
- You will be asked about your family's history of heart disease, and your adolescent's blood pressure will be checked.
- Your adolescent's vision and hearing may be checked.
- Your adolescent may be checked for anemia (iron-poor blood).
- Your adolescent may have a blood test and/or a test for tuberculosis.
- If sexually active, your adolescent will be checked for sexually transmitted diseases (STDs).
- Your adolescent may receive one or more immunizations. Ask your health professional about them.
- You and your adolescent will have an opportunity to ask questions.

### Things You May Want to Discuss During This Visit

- ★ Understanding how your body is developing and changing.
- ★ How to handle pressure from your friends to do things you don't want to do.
- ★ Sports or activities you like.
- ★ Getting along with your parents and brothers and sisters.
- ★ Dating and social activities.
- ★ Any other topics you may want to discuss.

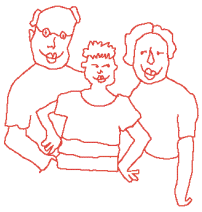


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- How your adolescent is doing in school, and what she does after school.
- Issues about discipline, sex, drugs, alcohol, or tobacco use.
- Changes in your family since your last visit.
- Something your adolescent has done that you are especially proud of.
- Any other topics you may want to discuss.

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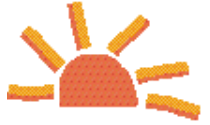
### Notes:



## EARLY ADOLESCENCE VISITS (11, 12, 13, and 14 Years)

Name \_\_\_\_\_

Bright Futures



### Things to Keep in Mind Between Now and the Next Visit

- ★ Try to get 8 hours of sleep each night.
- ★ Do some kind of physical activity for 30 to 60 minutes at least three times a week.
- ★ Use seatbelts, helmets, mouthguards, and protective sports gear.
- ★ Talk with someone if you are stressed, nervous, angry, or sad, or if things are not going well.
- ★ Eat three nutritious meals a day. Choose healthy snacks and limit sugar and high-fat foods.
- ★ Brush your teeth twice a day and floss daily. Visit your dentist regularly.
- ★ Sexual feelings are normal, but wait to have sex until you are older. Learn how to say no to sex.
- ★ Ask questions you may have about sexuality, abstinence, contraception, safer sex, and STDs.
- ★ Do not smoke, use chewing tobacco, drink alcohol, or use drugs, inhalants, or diet pills. Avoid situations where drugs and alcohol are available, and learn ways to resist peer pressure to use them.
- ★ Do not carry or use a weapon of any kind.
- ★ Spend time with your family doing something you all enjoy.
- ★ Participate in school, cultural, religious, and volunteer activities.



### How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Be prepared to discuss your adolescent's eating habits, social behaviors, and school achievements.
- Bring in health forms (camp, sports participation) for the health professional to fill out.
- Talk with your adolescent about the next visit with the health professional, including the general physical exam, the gynecological exam, immunizations, and other procedures.
- Keep a list of topics you and your adolescent would like to discuss at your next visit.
- Share ideas with the health professional about community resources that you have found useful.

### What to Expect at the Next Visit

- Your adolescent will have a physical examination and may be asked to give a urine sample.
- You will be asked about your family's history of heart disease, and your adolescent's blood pressure will be checked.
- Your adolescent's vision and hearing may be checked. He may have a blood test and/or a test for tuberculosis. He may be checked for anemia (iron-poor blood).
- Your adolescent may receive one or more immunizations.
- *If your adolescent is 14, you may want to ask for the middle adolescence handout to see what to expect at the next visit.*



## MIDDLE ADOLESCENCE VISITS (15, 16, and 17 Years)

Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

**Bright Futures**



★ = For the adolescent ■ = For the parent

### At Today's Visit

- ★ Your health professional will ask for an update on your health.
- ★ You will have a physical examination and may be asked to give a urine sample.
- ★ You will be asked about your family's history of heart disease, and your blood pressure will be checked.
- ★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- ★ Your vision and hearing may be checked.
- ★ You may be checked for anemia (iron-poor blood).
- ★ You may have a blood test and/or a test for tuberculosis.
- ★ If you are sexually active, you will be checked for sexually transmitted diseases (STDs).  
If female, you may have a pelvic exam.
- ★ You may receive one or more immunizations. Ask your health professional about them.
- ★ You will have an opportunity to ask questions.

### Things You May Want to Discuss During This Visit

- ★ Dating, your friends, and the things you do for fun.
- ★ Dealing with anger, sadness, depression, or stress.
- ★ How you feel about your weight and the way you look.
- ★ Concerns about tobacco, alcohol, and drugs.
- ★ Changes in your family since your last visit.
- ★ Any other topics you may want to discuss.

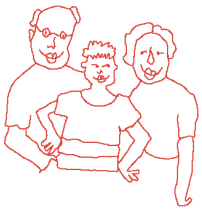


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- Family rules and your adolescent's responsibilities.
- Something your adolescent has done that you are especially proud of.
- Any other topics you may want to discuss.

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### Notes:



## MIDDLE ADOLESCENCE VISITS (15, 16, and 17 Years)

Name \_\_\_\_\_

Bright Futures



### Things to Keep in Mind Between Now and the Next Visit

- ★ Limit the time you spend watching TV. Be physically active.
- ★ Limit time spent in the sun, use sunscreen (SPF 15 or higher), and avoid tanning salons.
- ★ Always wear a safety belt, follow speed limits, concentrate, and avoid distractions when driving. Do not drink and drive.
- ★ Learn how to protect yourself from physical, emotional, or sexual abuse.
- ★ Learn how to deal with anger, and develop skills in conflict resolution and negotiation.
- ★ Trust your own feelings, and listen to the ideas of good friends and valued adults.
- ★ Eat three nutritious meals a day. Choose healthy snacks, and limit sugar and high-fat foods.
- ★ Visit your dentist regularly and learn what to do in a dental emergency.
- ★ Talk with your health professional about sexuality (including sexual orientation), abstinence, contraception, safer sex, and STDs.
- ★ Respect your parents' limits and rules. Respect the rights and needs of others.
- ★ Talk with a trusted adult about frustrations with school or thoughts of dropping out.
- ★ Identify your talents and interests and make plans for a career or education.



### How to Prepare for the Next Visit

- ★ Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- ★ Update your health and immunization records.
- ★ Bring in sports-participation health forms for completion.
- ★ Be prepared to talk about any problems you may have at school or at home.
- ★ Keep a list of topics you would like to discuss at your next visit.
- ★ Share ideas with the health professional about community resources that you have found useful.

### What to Expect at the Next Visit

- ★ You will have a physical examination and may be asked to give a urine sample.
- ★ You will be asked about your family's history of heart disease, and your blood pressure will be checked.
- ★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- ★ Your vision and hearing may be checked.
- ★ You may be checked for anemia (iron-poor blood).
- ★ You may have a blood test and/or test for tuberculosis.
- ★ You may receive one or more immunizations.
- ★ If you are sexually active, you will be checked for STDs. If female, you may have a pelvic exam.
- ★ *If you are 17, you may want to ask for the late adolescence handout to see what to expect at the next visit.*



## LATE ADOLESCENCE VISITS (18, 19, 20, and 21 Years)

Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_

Bright Futures



### At Today's Visit

- ★ Your health professional will ask for an update on your health.
- ★ You will have a physical examination and may be asked to give a urine sample.
- ★ You will be asked about your family's history of heart disease, and your blood pressure will be checked.
- ★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- ★ Your vision and hearing may be checked.
- ★ You may be checked for anemia (iron-poor blood).
- ★ You may have a blood test and/or a test for tuberculosis.
- ★ You may receive one or more immunizations. Ask your health professional about them.
- ★ If you are sexually active, you will be checked for sexually transmitted diseases (STDs).  
If female, you may have a pelvic exam.
- ★ You will have an opportunity to ask questions.

### Things You May Want to Discuss During This Visit

- ★ Changes in your family or living situation since your last visit.
- ★ Issues about your size, shape, and weight.
- ★ How physically active you are.
- ★ Your plans for the future: school, college, work.
- ★ Living on your own, being more independent.
- ★ Issues about violence, guns, drugs, and alcohol.
- ★ Relationships, sex, and contraception.
- ★ Any other topics you may want to discuss.

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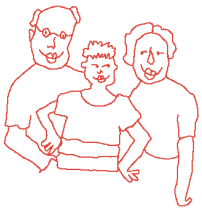
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Notes:





Name \_\_\_\_\_



### Things to Keep in Mind Between Now and the Next Visit

- ★ Do some kind of physical activity for 30 to 60 minutes at least three times a week.
- ★ Always wear a safety belt, follow speed limits, concentrate, and avoid distractions when driving. Do not drink and drive.
- ★ Recognize when you are feeling stressed, angry, or sad, and seek help.
- ★ Eat three nutritious meals a day. Choose healthy snacks and limit sugar and high-fat foods.
- ★ Visit your dentist regularly and learn what to do in a dental emergency.
- ★ Talk with your health professional and educate yourself about sexuality (including sexual orientation), contraception, abstinence, safer sex, and STDs.
- ★ Avoid smoking, chewing tobacco, alcohol, drugs, diet pills, and steroids.
- ★ Do not carry or use a weapon of any kind.
- ★ Maintain good relationships with your family, peers, and siblings, and develop other social support systems.
- ★ Review job safety rules and follow safety procedures.
- ★ Learn how to be an informed health care consumer and use the health care system.
- ★ Identify your talents, skills, and interests, and make plans for a career or education.



### How to Prepare for the Next Visit

- ★ Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- ★ Update your health and immunization records.
- ★ Be prepared to discuss any changes in your family, home, or living situation.
- ★ Prepare and bring in questions about substance abuse, sexuality, and mental and physical health.
- ★ Keep a list of topics you would like to discuss at your next visit.
- ★ Share ideas with the health professional about community resources that you have found useful.

### What to Expect at the Next Visit

- ★ You will have a physical examination and may be asked to give a urine sample.
- ★ You will be asked about your family's history of heart disease, and your blood pressure will be checked.
- ★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- ★ Your vision and hearing may be checked.
- ★ You may be checked for anemia (iron-poor blood).
- ★ You may have a blood test and/or test for tuberculosis.
- ★ You may receive one or more immunizations.
- ★ If you are sexually active, you will be checked for STDs. If female, you may have a pelvic exam.