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The content of the *Bright Futures Activity Book* is based on
Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents.
Published by the National Center for Education in Maternal and Child Health, Arlington, VA. 1999.
This activity book is made possible through an educational grant from Pfizer Pediatric Health.

There's no one else like me!

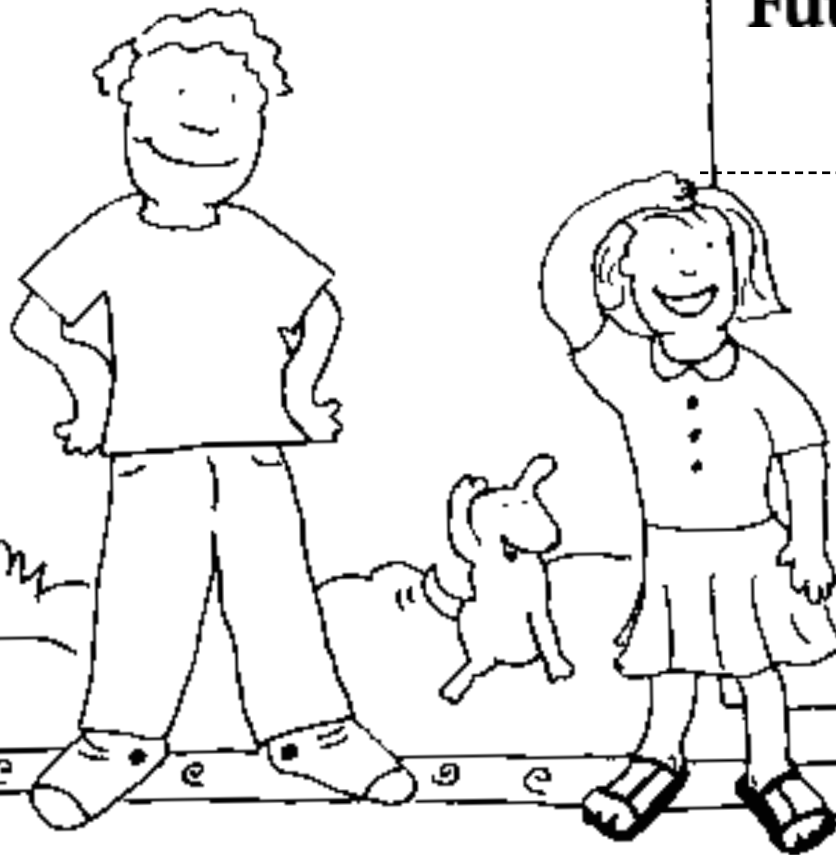
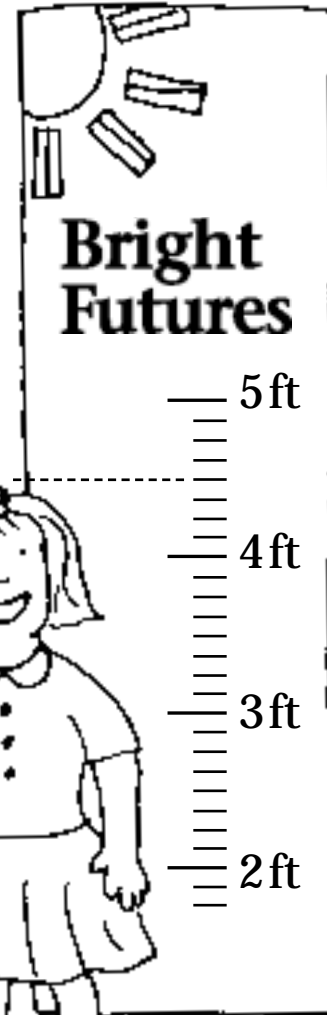
My name is _____.

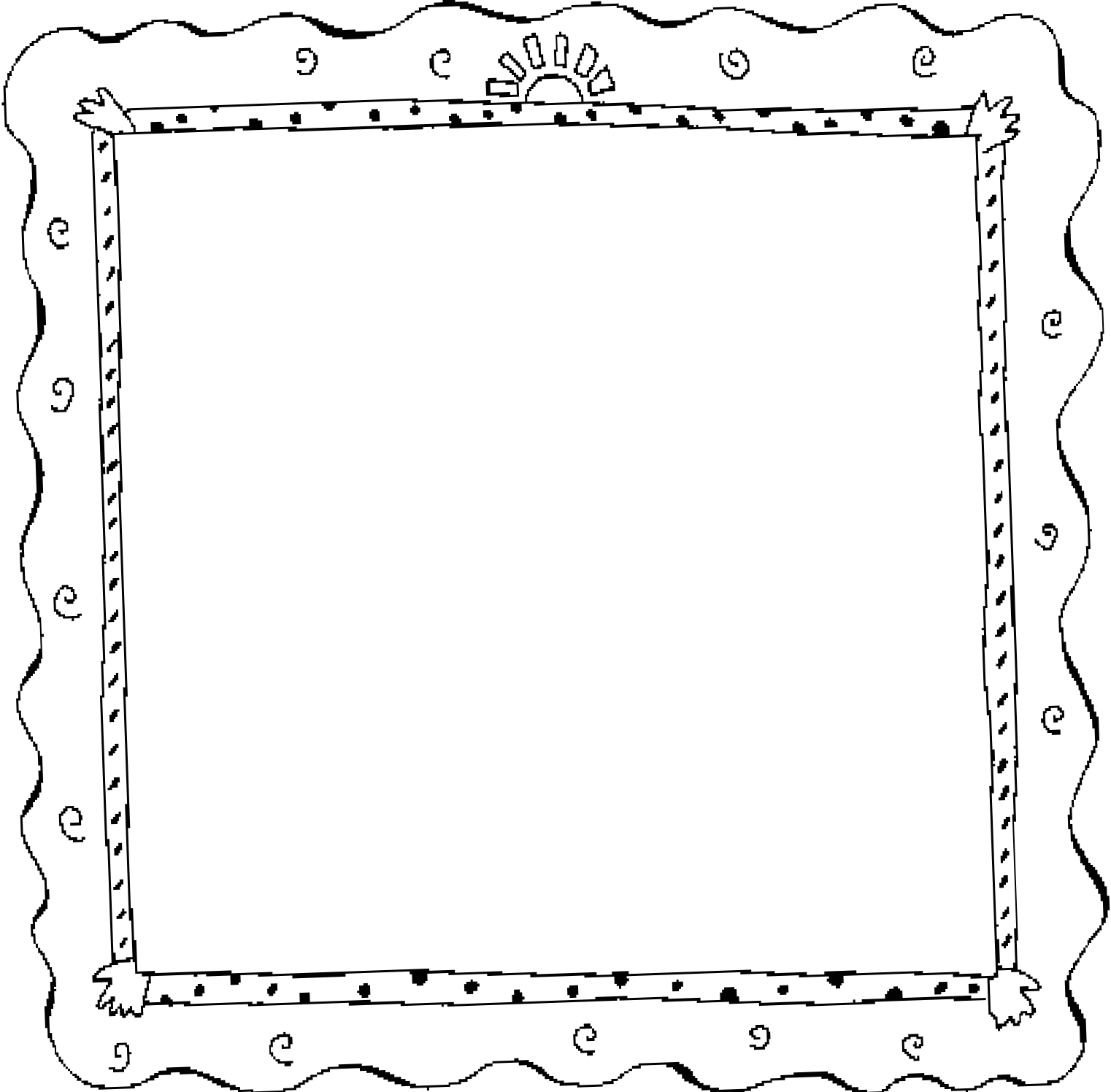
I am _____ years old.

My eyes are _____.

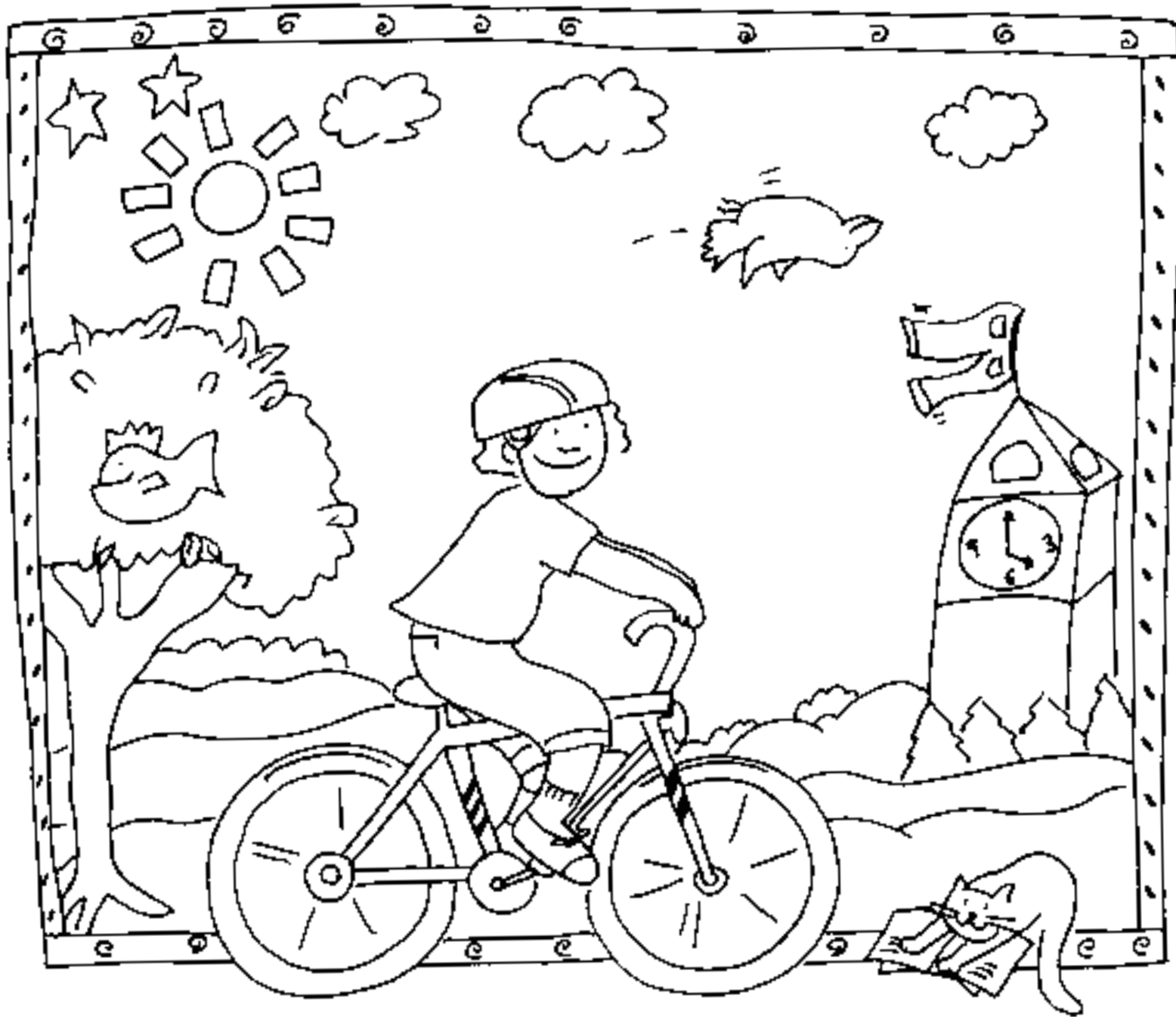
My hair is _____.

I am _____ feet and _____ inches tall.

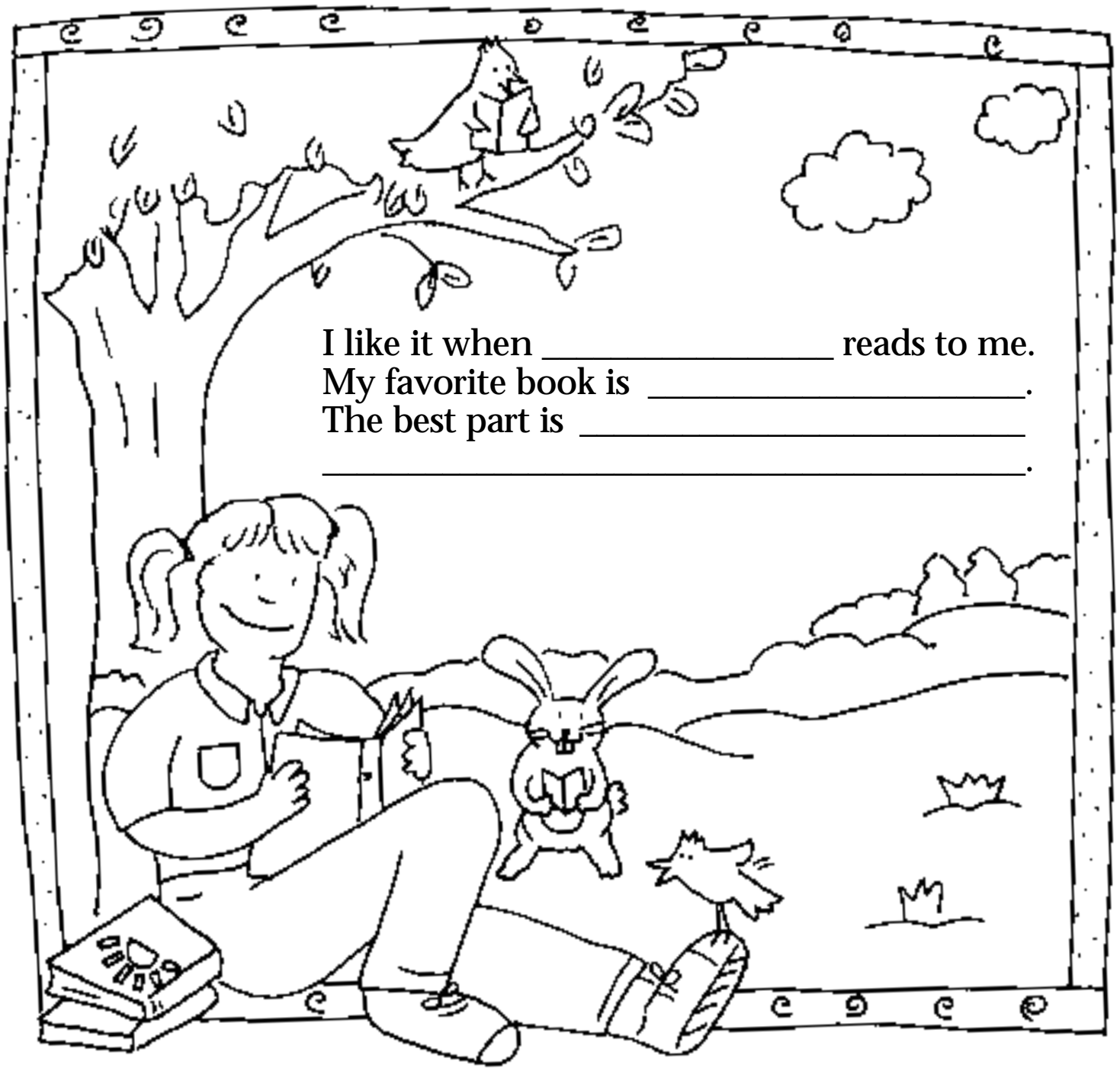




Your family is special!
Draw a picture of your family and take it to your doctor's office.

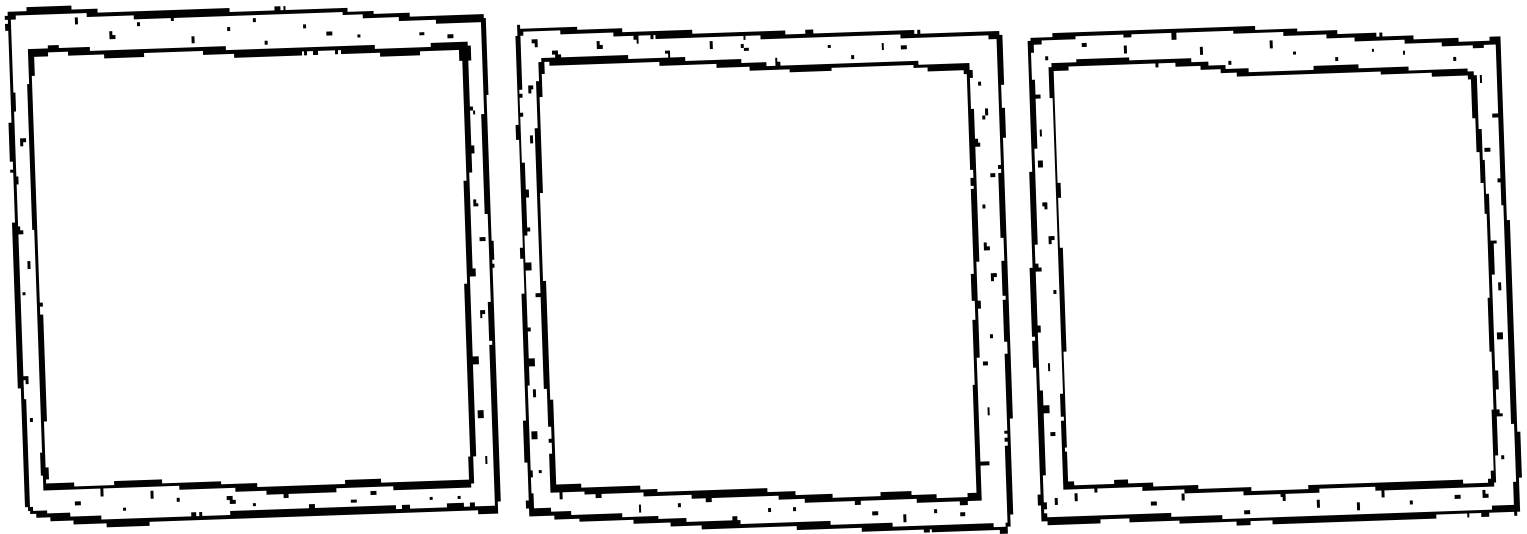


Wearing a bike helmet is the right thing to do,
but there are 5 things wrong with this picture.
Can you find 3 of them?



I like it when _____ reads to me.
My favorite book is _____.
The best part is _____
_____.

Libraries have lots of different kinds of books.
Show this page to the librarian the next time you go to the library.

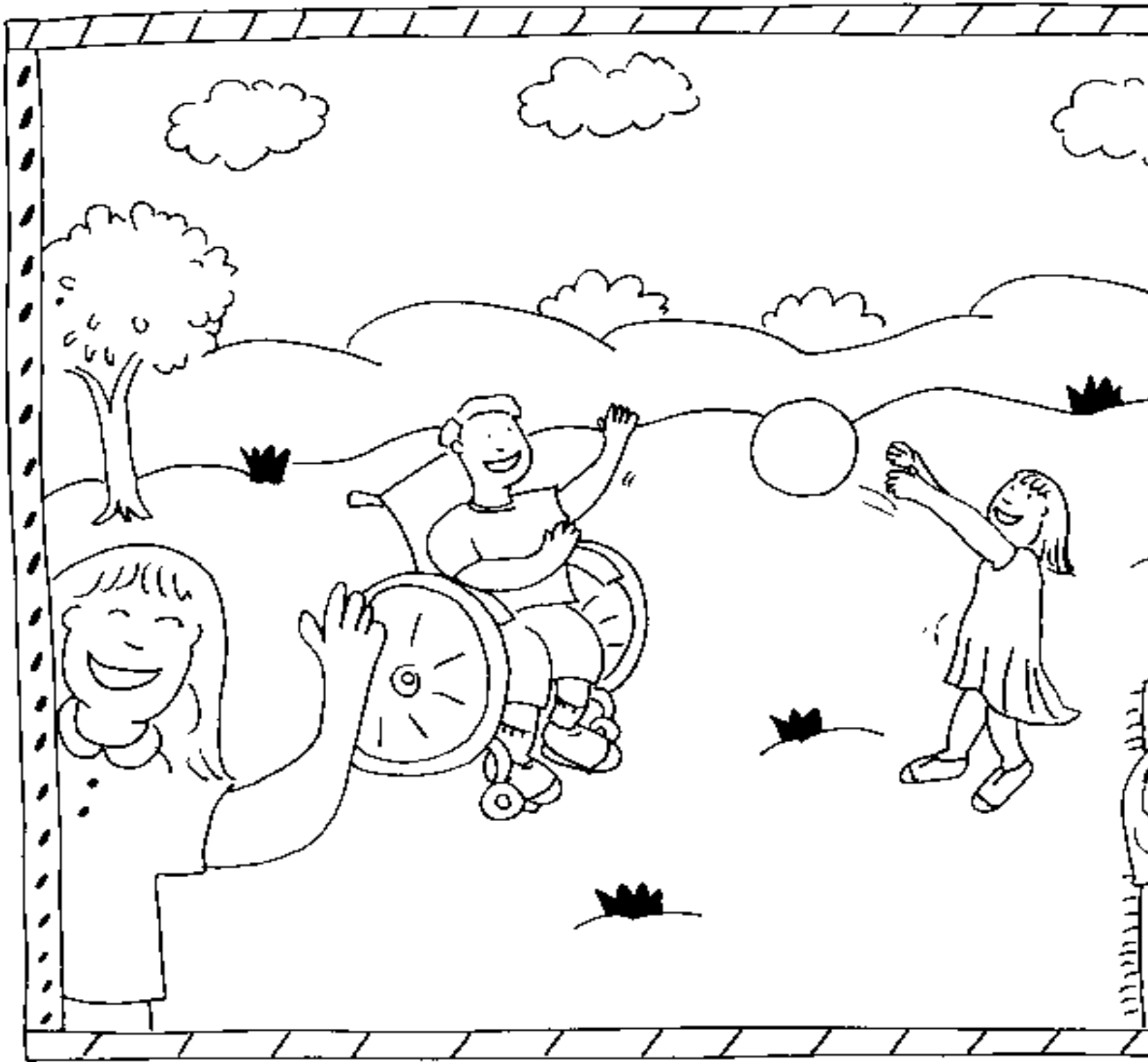


Healthy foods keep you going and growing.
Name and draw your favorite healthy snacks.

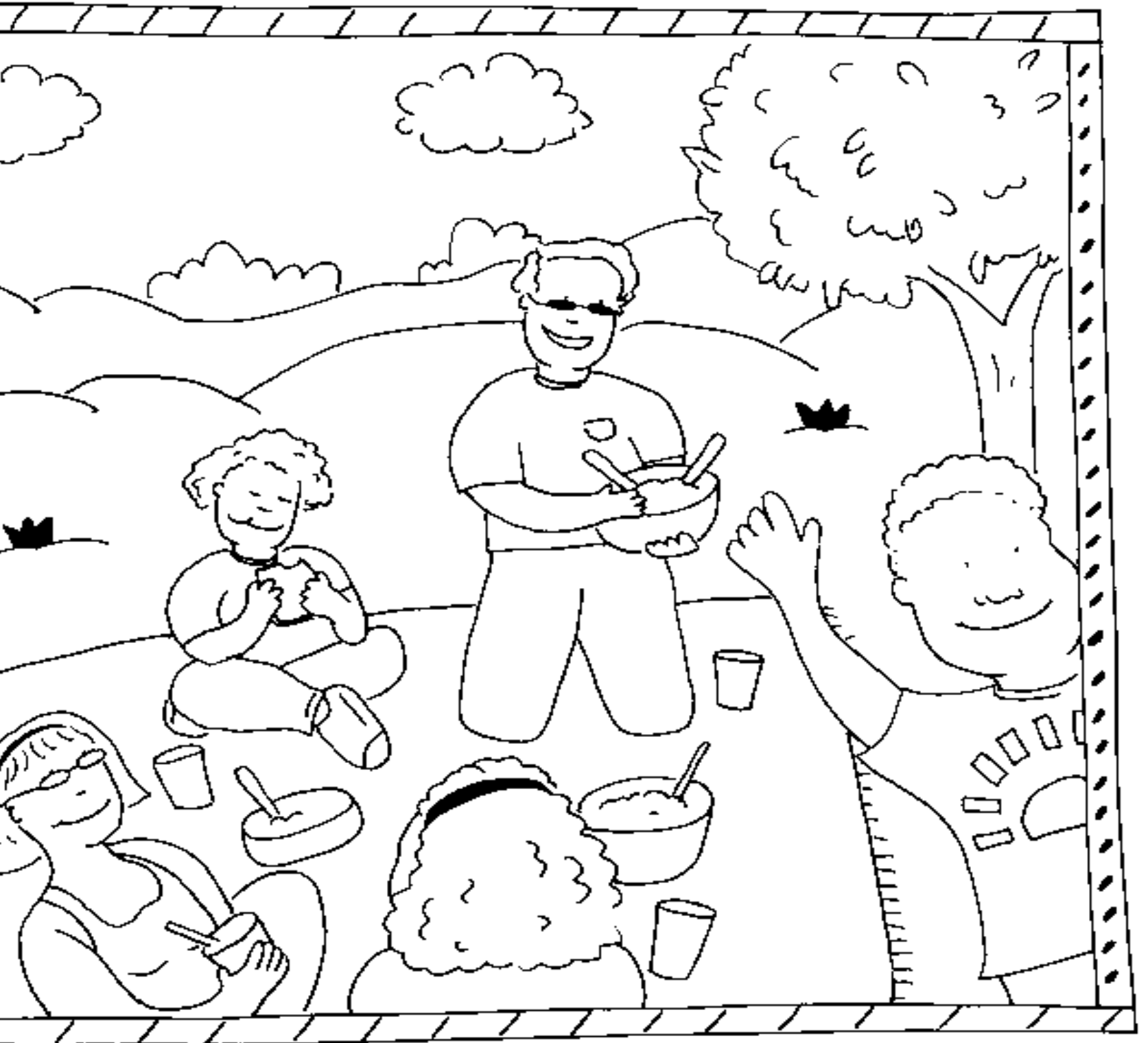




Help the girl fill her cart.
Color the things she can use to get clean and stay healthy.



Take a walk in the park with your family.
What do you like to do in the park?



Get to know your community.
Who do you see in your neighborhood?



Which words go together?

Wash

Feed

Make

Pick up

Set

Bed

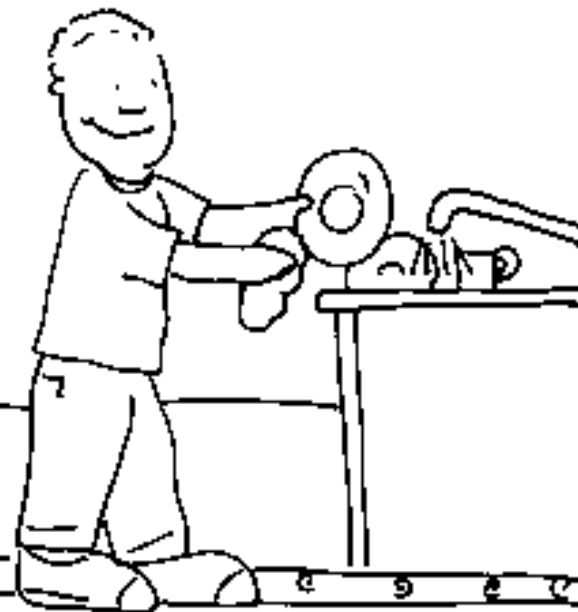
Table

Toys

Dishes

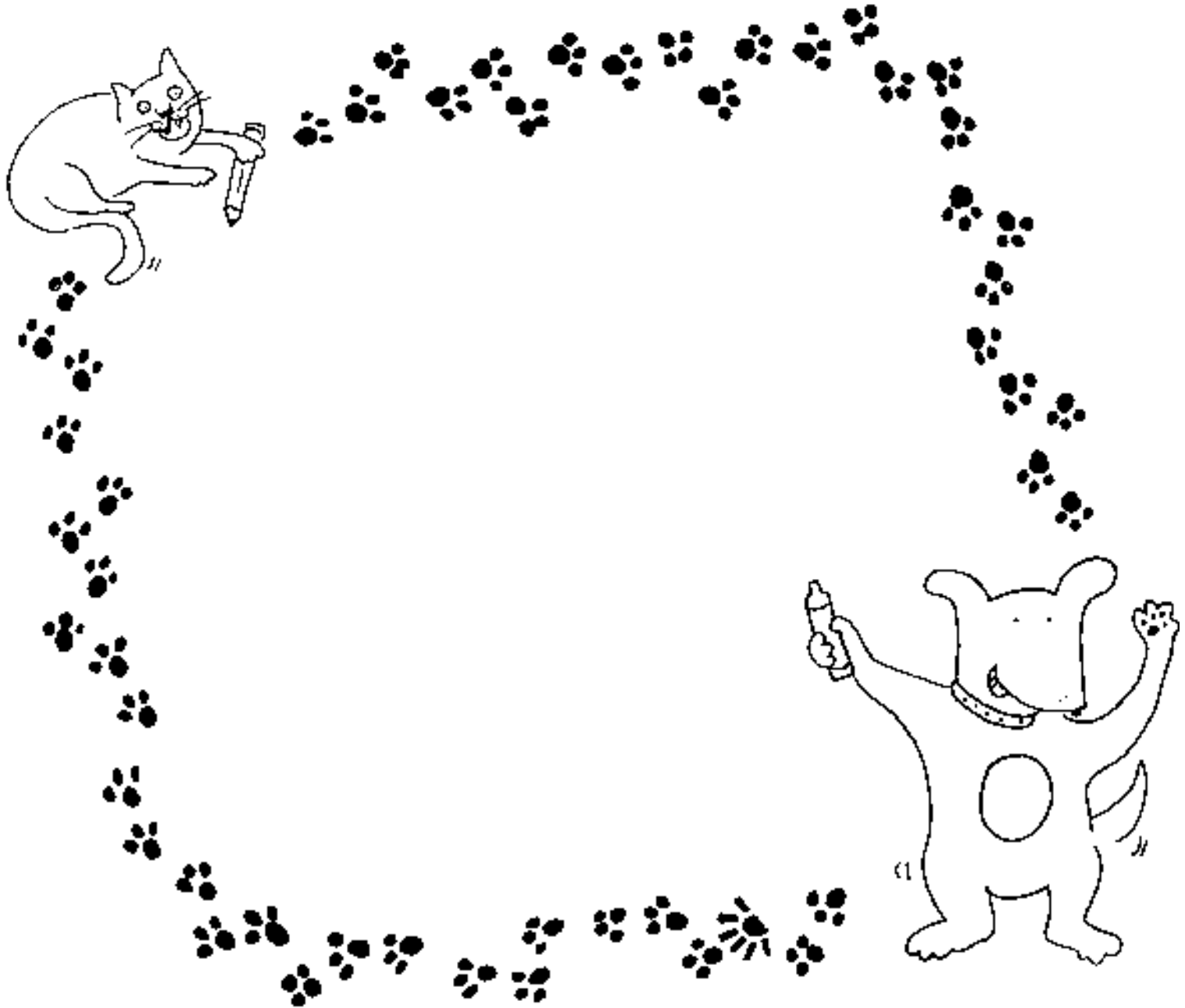
Pets

Did you do your chores today?





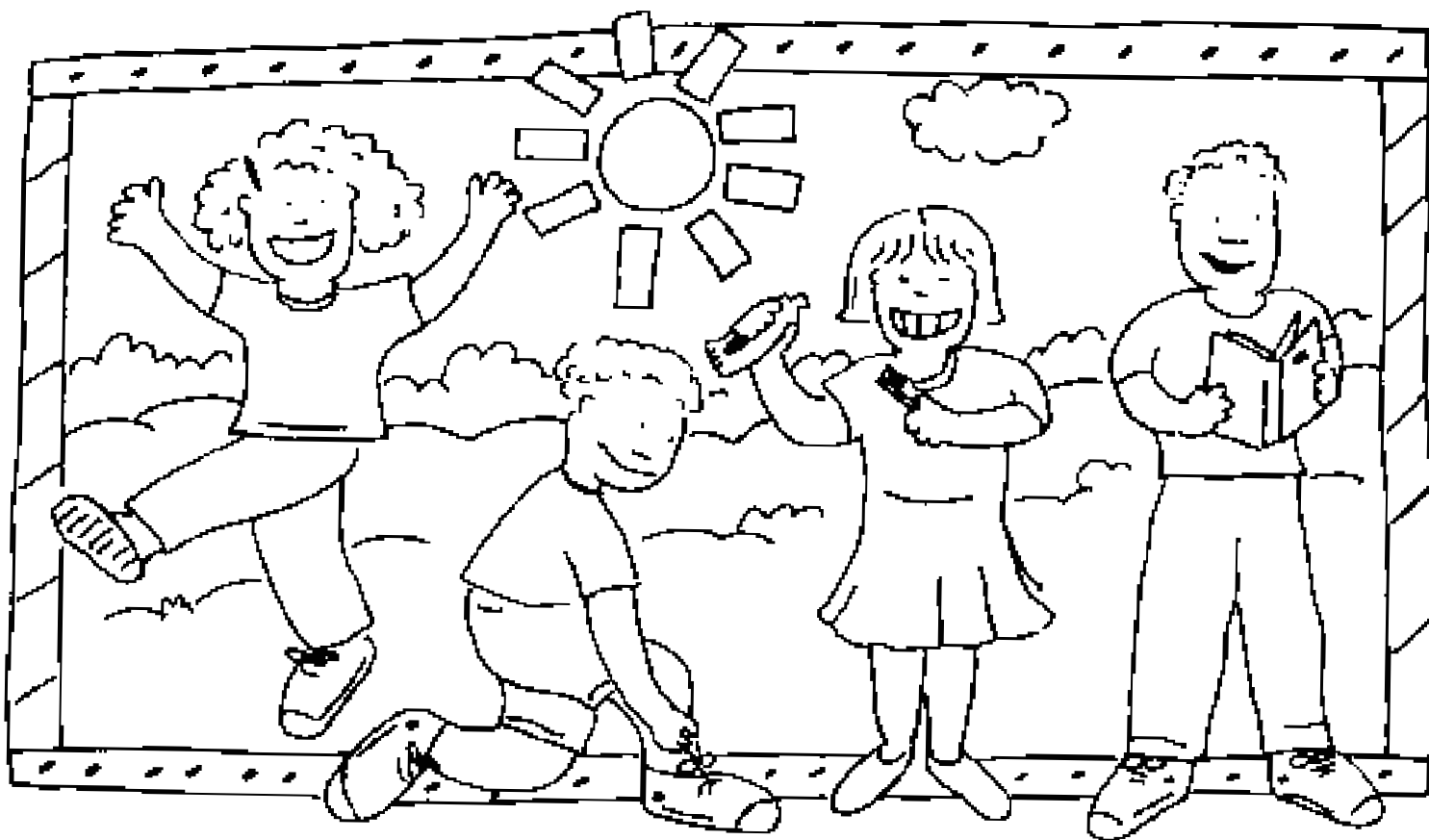
Clean teeth are happy teeth!
How many times a day do you brush your teeth?
Color this page and take it to your dentist.



Use your imagination and draw a make-believe animal.
Where does it live? What does it do?
Tell someone in your family all about it.

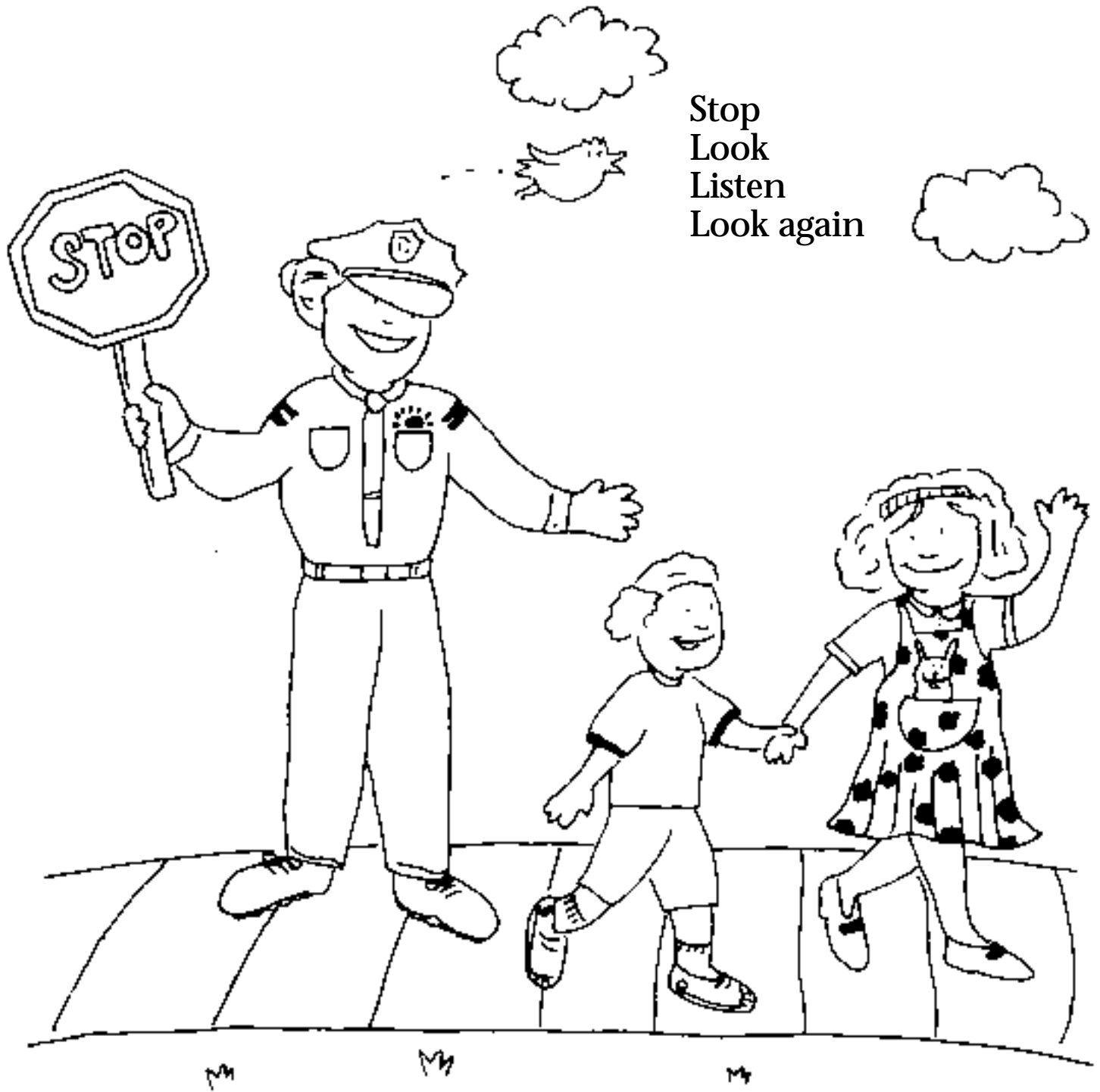


Circle the things you would choose for a healthy lunch.



Make a list of things you can do all by yourself.

Take it to your school.
Your teacher will be so proud of you!



Stop
Look
Listen
Look again

What are the safety rules for crossing the street?



Do you know what to do in an emergency?
Talk about it with your family.
Fill in this page and put it near your phone.

My Phone Number _____

My Address _____

Police _____

Fire _____

Poison Control _____

Doctor _____

Dentist _____

Neighbors _____

