



Bright Futures Patient Handout 9 and 10 Year Visits

SCHOOL

Doing Well at School

- Try your best at school. It's important to how you feel about yourself.
- Ask for help when you need it.
- Join clubs and teams, church groups, and friends for activities after school.
- Tell kids who pick on you or try to hurt you to stop bothering you. Then walk away.
- Tell adults you trust about bullies.

SAFETY

Playing It Safe

- Wear your seat belt at all times in the car. Use a booster seat if the seat belt does not fit you yet.
- Sit in the back seat until you are 13. It is the safest place.
- Wear your helmet for biking, skating, and skateboarding.
- Always wear the right safety equipment for your activities.
- Never swim alone.
- Use sunscreen with an SPF of 15 or higher when out in the sun.
- Have friends over only when your parents say it's OK.
- Ask to go home if you are uncomfortable with things at someone else's house or a party.
- Avoid being with kids who suggest risky or harmful things to do.
- Know that no older child or adult has the right to ask to see or touch your private parts, or to scare you.

NUTRITION AND PHYSICAL ACTIVITY

Eating Well, Being Active

- Eat breakfast every day. It helps learning.
- Aim for eating 5 fruits and vegetables every day.
- Drink 3 cups of low-fat milk or water instead of soda pop or juice drinks.
- Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
- Eat with your family often.
- Talk with a doctor or nurse about plans for weight loss or using supplements.
- Plan and get at least 1 hour of active exercise every day.
- Limit TV and computer time to 2 hours a day.

ORAL HEALTH

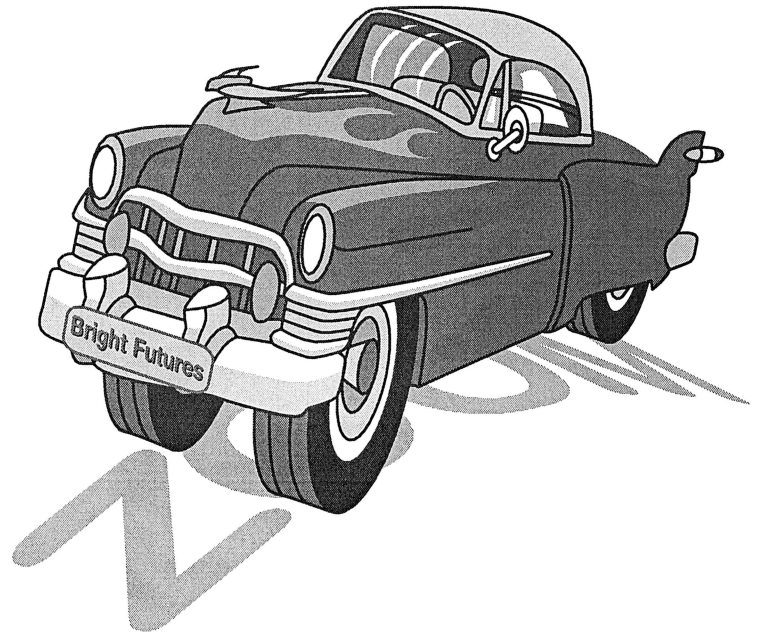
Healthy Teeth

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Wear your mouth guard when playing sports.

DEVELOPMENT AND MENTAL HEALTH

Growing and Developing

- Ask a parent or trusted adult questions about changes in your body.
- Talking is a good way to handle anger, disappointment, worry, and feeling sad.
- Everyone gets angry.
 - Stay calm.
 - Listen and talk through it.
 - Try to understand the other person's point of view.
- Don't stay friends with kids who ask you to do scary or harmful things.
- It's OK to have up-and-down moods, but if you feel sad most of the time, talk to us.
- Know why you say "No!" to drugs, alcohol, tobacco, and sex.



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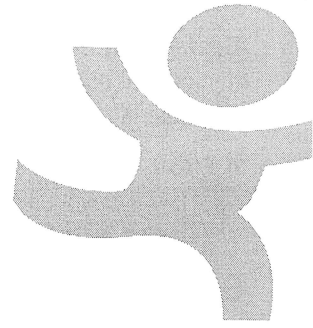


American Academy
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DEDICATED TO THE HEALTH OF ALL CHILDREN™

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10 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 major injuries** if you and your child take a few simple steps.

At age 10, children will do more things away from home. They will spend more time on a bike or in a car and will not see the need for adults to watch over them. You must take charge; you must **remind your child of safety!** It takes only a few steps to prevent major, common injuries.

Firearm Hazards

It is best to keep all guns out of your home. **Handguns are especially dangerous.** If you choose to keep a gun, store it unloaded and in a locked place, with the ammunition locked separately. Your child is in more danger of being shot by himself, his friends, or a family member than of being injured by an intruder.

Ask if the homes where your child visits have a gun and how it is stored. Talk to your child about guns in school or on the streets. Find out if your child's friends carry guns.

Sports Safety

At this age your child may be playing baseball, soccer, or other sports. Ask your doctor which sports are right for his or her age. **Be sure your child wears the protective equipment made for that sport**, such as shin pads, mouth guards, wrist guards, eye protection, and helmets. Ask your child's coach what is needed.

And Remember Car Safety

Your child must **buckle the seat belt EVERY TIME** he or she rides in any car. Booster seats should be used until the lap belt can be worn low and flat on your child's hips and the shoulder belt can be worn across the shoulder rather than the face or neck (usually at about 4 feet 9 inches tall and between 8 and 12 years old). Remind your child to buckle up when riding with others. *Ask your child to remind you to buckle up, too!* Install shoulder belts in the back seat of your car if they are not already there. Serious injuries can happen to your child when a lap belt is used alone. **The safest place for all children to ride is in the back seat.**

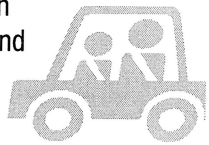
Bike Safety

Your child may want to ride his or her bike further away from home. Teach your child the "Rules of the Road" and be sure your child knows them. You must watch your child to be sure he or she can handle a bike safely. **Make sure your child always wears a helmet** while riding a bike. It is still very dangerous for your child to ride at dusk or after dark. Make sure your child brings in the bike as soon as the sun starts to set.

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. Be prepared...for your child's sake!

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SAFETY IN A KID'S WORLD

Dear Parent: Your child is old enough to learn how to prevent injuries. The games below are designed to help your child think about safety. Read the messages with your child and talk about them together. 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 what it says. Make safety a big part of your lives.

Get the Helmet Habit!

DIRECTIONS: Break the code to read this message. On each line, write the alphabet letter that comes before the one above that line (the first 2 have been done for you).

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BIKE SAFETY

B M X B Z T X F B S B
 A L _ _ _ _ _

I F M N F U X I F O Z P V
 _ _ _ _ _

S J E F Z P V S C J L F
 _ _ _ _ _



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).

NEVER RIDE AT NIGHT
 Always put your bike away when the sun goes down.

■	A	B	C	D	E
●	F	G	H	I	J
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CODE KEY

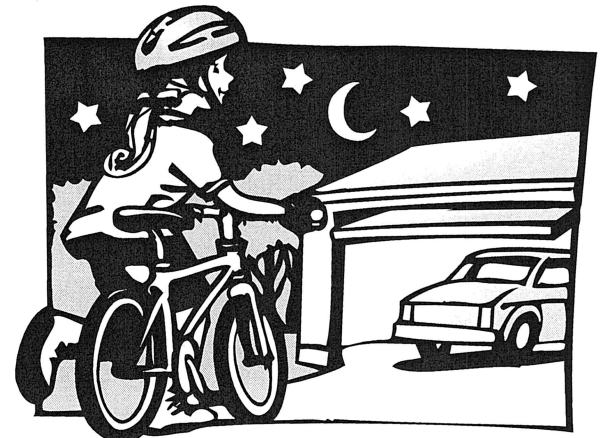
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The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

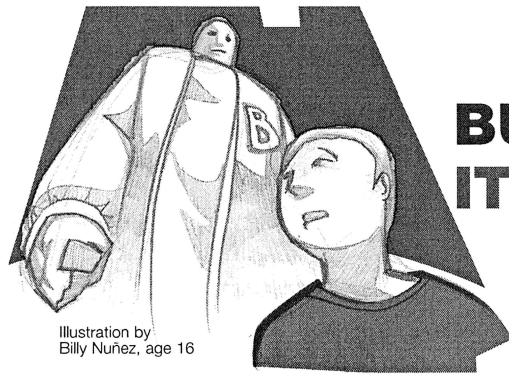


Illustration by
Billy Nuñez, age 16

BULLYING: IT'S NOT OK

BULLYING AFFECTS ALL CHILDREN

- Victims of bullying can learn how to respond safely to physical, verbal, and social bullying.
- Children who are bullies can change their behavior. When bullies are allowed to continue, it often leads to future problems.
- Bystanders—children who watch the bullies pick on others—can help stop bullying.
- Concerned and involved adults can reduce bullying in schools and neighborhoods.

Bullying is when one child picks on another child again and again. Usually children who are being bullied are either weaker or smaller, are shy, and generally feel helpless.

FACTS ABOUT BULLYING

- Both girls and boys can be bullies.
- Bullies target children who cry, get mad, or easily give in to them.
- There are 3 types of bullying.
 - Physical—hitting, kicking, pushing, choking, punching
 - Verbal—threatening, taunting, teasing, hate speech
 - Social—excluding victims from activities or starting rumors about them

■ Bullying happens:

At school—in the halls, at lunch, or in the bathroom, when teachers are not there to see what is going on.

When adults are not watching—going to and from school, on the playground, or in the neighborhood.

Through e-mail or instant messaging—rumors are spread or nasty notes are sent.

BULLYING IS DIFFERENT FROM FIGHTING OR TEASING

- A bully has power over another child.
- Bullies try to control other children by scaring them.
- Being picked on over and over can make your child a victim.
- Bullying usually happens when other children are watching.

TALK WITH YOUR CHILD ABOUT BULLYING

Even if you don't think your child is bullied, a bully, or a bystander, you will be helping to protect your child just by asking these questions:

- "How are things going at school?"
- "What do you think of the other kids in your class?"
- "Does anyone get picked on or bullied?"

WHEN YOUR CHILD IS BULLIED

Talk with your child about how to stay safe. Bullies always pick on smaller or weaker children. If there is a fight, and the bully "wins," this will only make matters worse for your child.



Help your child learn how to respond.

“Let’s talk about what you can do and say if this happens again.”

Teach your child how to:

- Look the bully in the eye.
- Stand tall and stay calm in a difficult situation.
- Walk away.

Teach your child how to say in a firm voice:

- “I don’t like what you are doing.”
- “Please do NOT talk to me like that.”
- “Why would you say that?”

Just telling your child to do and say these things is not enough. For many children, these skills do not come naturally. It is like learning a new language—lots of practice is needed. Practice so that, in the heat of the moment, these skills will come to your child naturally.

Teach your child when and how to ask for help.

Your child should not be afraid to ask an adult for help when bullying happens. Since some children are embarrassed about being bullied, parents need to let their children know that being bullied is not their fault.

Encourage your child to make friends with other children.

There are many adult-supervised groups, in and out of school, that your child can join. Invite your child’s friends over to your home. Children who are loners are more likely to get picked on.

Support activities that interest your child.

By participating in activities such as team sports, music groups, or social clubs, your child will develop new abilities and social skills. When children feel good about how they relate to others, they are less likely to be picked on.

Alert school officials to the problems and work with them on solutions.

- Since bullying often occurs outside the classroom, talk with the principal, guidance counselor, or playground monitors, as well as your child’s teachers. When school officials know about bullying, they can help stop it.
- Write down and report all bullying to your child’s school. By knowing when and where the bullying occurs, you and your child can better plan what to do if it happens again.

- Some children who are bullied will fear going to school, have difficulty paying attention at school, or develop symptoms like headaches or stomach pains.

Make sure an adult who knows about the bullying can watch out for your child’s safety and well-being when you cannot be there.

WHEN YOUR CHILD IS THE BULLY

If you know that your child is bullying others, take it very seriously. Now is the time when you can change your child’s behavior.

In the long run, bullies continue to have problems. These problems often get worse. If the bullying behavior is allowed to continue, then when these children become adults, they are much less successful in their work and family lives and may even get in trouble with the law.

Set firm and consistent limits on your child’s aggressive behavior.

Be sure your child knows that bullying is never OK.

Be a positive role model.

Children need to develop new and constructive strategies for getting what they want. Show children that they can get what they want without teasing, threatening, or hurting someone. All children can learn to treat others with respect.

Use effective, nonphysical discipline, such as loss of privileges.

When your child needs discipline, explain why the behavior was wrong and how your child can change it.

Help your child understand how bullying hurts other children.

Give real examples of the good and bad results of your child’s actions.

Develop practical solutions with others.

Together with the school principal, teachers, counselors, and parents of the children your child has bullied, find positive ways to stop the bullying.

Supervise your child and help develop individual skills and interests.

Children with too much “time on their hands” are more likely to find themselves in violent or dangerous situations.

Ask for help.

If you find it difficult to change the behavior, reach out to a professional, like a teacher, counselor, or pediatrician.

WHEN YOUR CHILD IS A BYSTANDER

Most children are neither bullied nor bullies—they just watch. There are things that your child can do to help stop bullying.

Tell your child not to cheer on or even quietly watch bullying.

This only encourages the bully who is trying to be the center of attention.

Encourage your child to tell a trusted adult about the bullying.

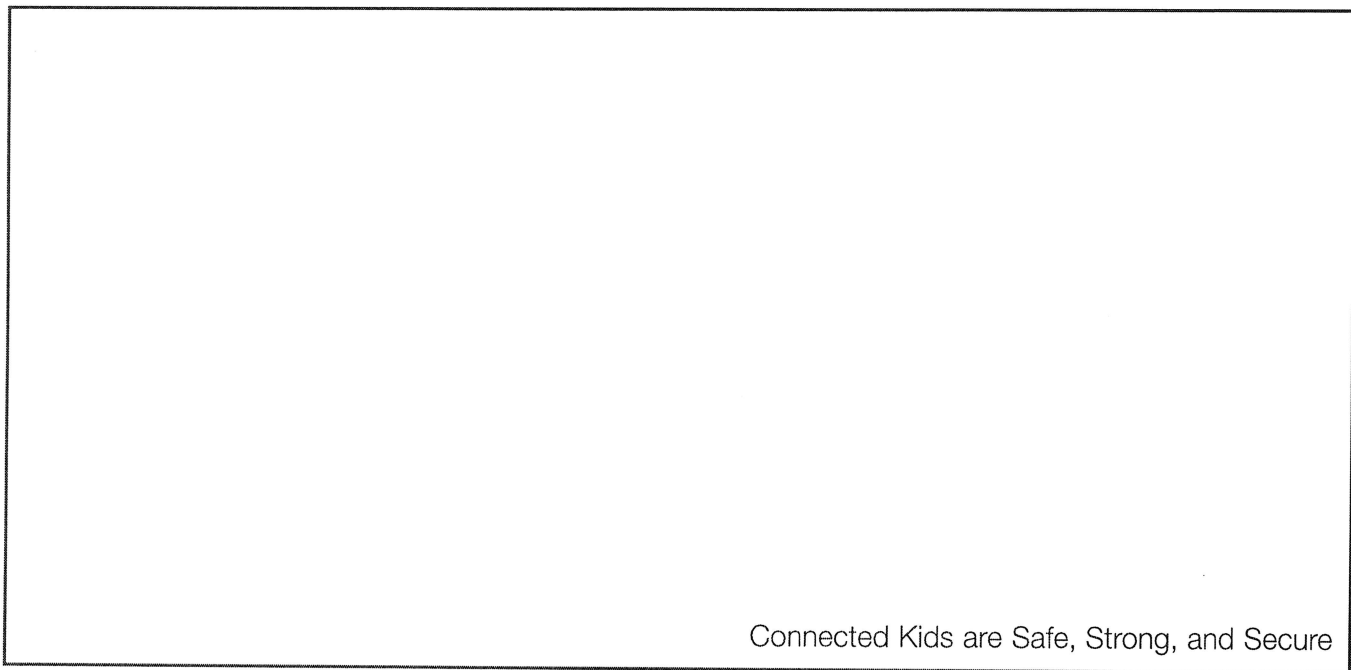
Talking to an adult is not “tattling.” Standing up for another child by getting help is an act of courage and safety. To make it easier, suggest taking a friend.

Help your child support other children who may be bullied.

Encourage your child to include these children in activities.

Encourage your child to join with others in telling bullies to stop.

Knowing what to say is important. If your child feels safe, the following statement may help to stop the bully: “Cool it! This isn’t going to solve anything.”



Connected Kids are Safe, Strong, and Secure

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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.

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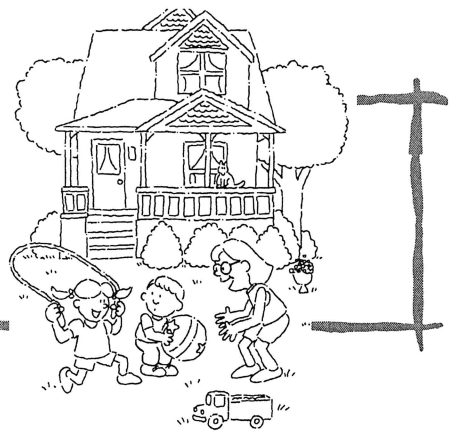
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Your Child and the Environment



Environmental dangers are everywhere. Most of these dangers are more harmful to children than adults. However, there are things you can do to reduce your child's contact with them. Read more to learn about how to protect your family from environmental dangers.

Where children live

Air pollution is not just a problem outside. There can be things in the air inside your home that can harm your child. There can also be hazards found in the dust and dirt in or around your home and yard. The following are examples of hazards found where children live:

Asbestos

Asbestos is a natural fiber that was often used for fireproofing, insulating, and soundproofing between the 1940s and 1970s. Asbestos is only dangerous when it becomes crumbly. If that happens, asbestos fibers get into the air and are breathed into the lungs. Breathing in these fibers can cause chronic health problems, including a rare form of lung cancer. Asbestos can still be found in some older homes, often as insulation around pipes. Schools are required by law to remove asbestos or make sure that children are not exposed to it.

What you can do

- ✓ Don't allow children to play near exposed or crumbling materials that may contain asbestos.
- ✓ If you think there is asbestos in your home, have an expert look at it.
- ✓ If your home has asbestos, use a certified contractor to help solve the problem. You could have more problems if the asbestos isn't contained or removed safely.

Carbon monoxide

Carbon monoxide (CO) is a toxic gas that has no taste, no color, and no odor. It comes from appliances or heaters that burn gas, oil, wood, propane, or kerosene. Carbon monoxide poisoning is very dangerous. If left unchecked, exposure to CO can lead to memory loss, personality changes, brain damage, and death.

What you can do

- ✓ Call the Poison Help number at 1-800-222-1222 if you suspect CO poisoning.
- ✓ See your doctor right away if everyone in your house has flu-like symptoms (headache, fatigue, nausea) at the same time, especially if the symptoms go away when you leave the house.
- ✓ Put CO detectors on each floor in your home.
- ✓ Never leave a car running in an attached garage, even if the garage door is open.
- ✓ Never use a charcoal grill inside the home or in a closed space.
- ✓ Have furnaces; woodstoves; fireplaces; and gas-fired water heaters, ovens, ranges, and clothes dryers checked and serviced each year.
- ✓ Never use a gas oven to heat your home.

Household products

Many cleaning products give off dangerous fumes or leave residues. These products can be harmful if they are not thrown out properly (for example, if they are left in the garage).

What you can do

- ✓ Only use these products when needed.
- ✓ Always have enough ventilation when using these products.
- ✓ Store them in a safe place.
- ✓ Bring empty containers to your local hazardous waste disposal center.

Lead

Lead is one of the most serious environmental problems to children. Your child can get lead in her body if she swallows lead dust, breathes lead vapors, or eats soil or paint chips that have lead in them. Lead poisoning can cause learning disabilities, behavioral problems, anemia, or damage to the brain and kidneys.

Lead is most often found in

- Paint that is on the inside and outside of homes built before 1978
- Dust and paint chips from old paint
- Soil that has lead in it (particularly around older homes or by businesses that used lead)
- Hobby materials such as paints, solders, fishing weights, and buckshot
- Food stored in certain ceramic dishes (especially if dishes were made in another country)
- Older painted toys and furniture such as cribs
- Tap water, especially in homes that have lead solder on pipes
- Mini-blinds manufactured outside the United States before July 1997

A child who has high lead levels may not look or act sick. The only way to know if your child has lead in her body is with a blood test.

What you can do

If your home was built before 1978, test the paint for lead. If lead paint is found, get expert advice on how to repair it safely. Unsafe repairs can increase your child's risk for exposure to lead.

- ✓ Don't scrape or sand paint that may have lead in it.
- ✓ Clean painted areas with soap and water and cover peeling, flaking, or chipping paint with new paint, duct tape, or contact paper.
- ✓ Make sure painted areas are repaired before putting cribs, playpens, beds, or high chairs next to them.
- ✓ Check with your health department to see if the water in your area contains lead.
- ✓ Always use cold water for mixing formula, cooking, and drinking. Run the water for 1 to 2 minutes before each use.
- ✓ Ask your pediatrician if your child needs a lead test. A blood test is the only accurate way to test for lead poisoning.
- ✓ Encourage your child to wash his hands often, especially before eating.
- ✓ Give your child a healthy diet with the right amounts of iron and calcium.
- ✓ Before moving into a home or apartment, check for possible lead problems.
- ✓ Never live in an old house while it's being renovated.

Molds

Molds grow almost anywhere and can be found in any part of a home. Common places where molds grow include the following:

- Damp basements
- Closets
- Showers and tubs
- Refrigerators
- Air conditioners and humidifiers
- Garbage pails
- Mattresses
- Carpets (especially if wet)

Children who live in moldy places are more likely to develop allergies, asthma, and other health problems.

What you can do

- ✓ Keep the surfaces in your home dry.
- ✓ Throw away wet carpets that can't be dried.
- ✓ Keep air conditioners and humidifiers clean and in good working order.
- ✓ Use exhaust fans in the kitchen and the bathroom to help keep the air dry.
- ✓ Avoid using items that are likely to get moldy, like foam rubber pillows and mattresses.

From-the-job hazards

From-the-job hazards brought into the home can be dangerous to children. This can happen when parents who work with harmful chemicals bring them into the home on their skin, hair, clothes, or shoes. People who work in the following places are most at risk:

- Painting and construction sites
- Car body or repair shops
- Car battery and radiator factories
- Shipyards

What you can do

- ✓ Find out if you or any adult in your home is exposed to lead, asbestos, mercury, or chemicals at work.
- ✓ If so, shower and change before coming home.
- ✓ Wash work clothes separately from other laundry.

Radon

Radon is a gas that can be found in water, building materials, and natural gas. It has no taste, no color, and no odor. Radon can seep into a home through cracks in the foundation, floors, and walls. High levels of radon have been found in homes in many parts of the United States. Breathing in radon doesn't cause health problems at first. However, over time it can increase your risk of lung cancer. Radon is believed to be the second most common cause of lung cancer (after smoking) in the United States.

WHAT YOU CAN DO

- ✓ Check with your health department to see if radon levels are high in your area.
- ✓ Test your home for radon. Home radon tests don't cost much and are easy to use. The results can be analyzed by a certified laboratory. You can't test yourself or your child for radon exposure.

Secondhand smoke

Secondhand smoke is also called environmental tobacco smoke (ETS). This is the smoke breathed out by a smoker or from the tip of a burning cigarette, pipe, or cigar. Children are exposed to secondhand smoke any time they are around

someone smoking a cigarette, pipe, or cigar. The chemicals in secondhand smoke can cause cancer. In fact, secondhand smoke has been linked to 3,000 lung cancer deaths each year in people who don't even smoke!

What you can do

- ✓ If you are a smoker, get help so you can quit! (Children whose parents smoke are more likely to try smoking than those whose parents give clear messages that smoking is not healthy.)
- ✓ Remove your children from places where smoking is allowed, even if no one is smoking while you are there.
- ✓ Make your home and car smoke-free.

What children eat and drink

Drinking water

Children drink 5 to 10 times more water for their size than adults. Most of this water is tap water. Tap water in most areas is protected by law. However, small water supplies, such as from private wells, are not.

Many people use bottled water because they think it's better than tap water. Some brands are better. However, other brands may only be tap water that's bottled and sold separately. Bottled water costs a lot more than tap water, but may be needed in some areas. Children need fluoride for good dental health. Only some brands of bottled water have fluoride, so read the labels.

Some of the things in drinking water that can make children sick include the following:

- Germs
- Nitrates
- Heavy metals
- Chlorine
- Radioactive particles
- By-products from cleaning products

The quality of water in the United States is among the best in the world, but problems do happen. County health departments and state environmental agencies are the best sources of information about the water where you live.

What you can do

- ✓ Find out where your water comes from. If you are on a municipal water supply, the water company must tell you what is in the water. If your water is not regulated or you have a well, have it tested each year.
- ✓ Always drink and cook with cold water. Contaminants can build up in water heaters.
- ✓ If you are not sure of your plumbing, run the water for 1 to 2 minutes each morning before you drink or cook with water. This flushes the pipes and reduces the chances of a contaminant getting into your water. In some areas more time is needed to flush water through the pipes. Ask your pediatrician or health department about recommendations specific to your area.
- ✓ If you have well water and a baby younger than 1 year, have your water tested for nitrates *before* giving it to your baby. Breastfeeding, using ready-to-feed formula, or using bottled water with powdered formula is wise until you know if your water is safe. If you have questions, call your local health department.
- ✓ If you think your water may have germs, you can kill most of them by boiling the water and cooling it before use. Do not boil water for longer than 1 minute. This can cause a buildup of toxins and metals in the water. Water filters installed on faucets or pitchers that have built-in filters may also help remove harmful contaminants from tap water.

Mercury

Mercury that gets into oceans, lakes, rivers, and ponds can get into the fish we eat. Mercury can also be found in many other places. Because mercury can be toxic, especially in large doses, every effort should be made to reduce exposure to children and pregnant women.

What you can do

- ✓ Don't eat shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury. Also, limit your child's intake of canned light tuna, shrimp, pollock, salmon, cod, catfish, clams, flatfish, crabs, and scallops to 2 meals per week. Albacore (white) tuna should be limited to 1 meal per week. Pregnant or nursing women should also limit the amount of these fish they eat.
- ✓ Check with local advisories about the safety of fish caught in your area. If no advice is available, only give your child up to 1 meal per week of fish from your local waters.
- ✓ Remove mercury thermometers from your home. See if your community has a thermometer exchange program for the proper disposal of these thermometers.
- ✓ The material traditionally used to fill dental cavities contains small amounts of mercury. There is no scientific proof that this is dangerous to children. However, if this worries you, talk to your dentist about other treatment options.
- ✓ Talk with your pediatrician if your family uses mercury in folk remedies or in cultural traditions (such as Santeria [religion originating in Cuba]). To do their part, drug companies have stopped using mercury as a preservative in vaccines (even though it was used only in very small amounts). All vaccines for children, except some influenza (flu) vaccine and Td (tetanus-diphtheria—containing) vaccines, are now free of mercury.

Pesticides

Pesticides are chemicals used to kill insects, weeds, and fungi. Many are toxic to the environment and to people. Too much exposure to pesticides can cause a wide range of health problems.

What you can do

- ✓ Wash all fruits and vegetables with water.
- ✓ Buy fruits and vegetables that are in season because they are less likely to be heavily sprayed.
- ✓ If possible, eat foods that are grown without the use of chemical pesticides.
- ✓ Use nonchemical pest control methods in your home and garden.
- ✓ Keep all pesticides out of children's reach to avoid accidental poisoning.
- ✓ Tell neighbors before you spray outdoors.

Are electric and magnetic fields safe?

All electric appliances like microwaves, computers, and TVs produce electric and magnetic fields (EMFs) when they are used. There is some concern that exposure to these fields may cause health problems, including cancer. However, more research is needed and a definite link between cancer and EMFs has not been made.

Until more is known about EMFs, reduce your child's exposure by

- Keeping your child away from microwaves while they are in use
- Having your child sit at least 3 feet from the TV screen
- Moving electric clocks, radios, and baby monitors away from your child's bed
- Not using electric bedding (blankets, mattress pads, heating pads, and waterbed heaters)

Where children play

Art supplies

Art supplies can cause health problems in children who use them. While older children can usually use these products safely, most younger children and some children with disabilities cannot. Harmful art supplies can include the following:

- Rubber cement
- Permanent felt-tip markers
- Pottery glazes
- Enamels
- Spray fixatives
- Prepackaged papier-mâché

What you can do

- ✓ Use only nontoxic art supplies.
- ✓ Read and follow all instructions carefully.
- ✓ Always use products in a well-ventilated room.
- ✓ Look for the ACMI (Art & Creative Materials Institute Inc.) nontoxic seal or other information on the label that says the product is safe for children.
- ✓ Talk with your school to make sure only safe art supplies are being used.

Insect repellent

Most insect repellents include a chemical called DEET (diethyltoluamide). This chemical is absorbed into the skin and can harm children.

What you can do

- ✓ Choose an insect repellent that is made for children. Make sure the brand you choose has no more than 30% DEET for infants older than 2 months and older children. Do not use DEET products on infants younger than 2 months.
- ✓ Apply insect repellent to clothing when possible, rather than directly on the skin.

Lawn and garden fertilizers

Lawn and garden fertilizers can be harmful if children come in contact with them while playing in the yard. Many of these products are made with chemicals (pesticides) that are known to cause health problems, especially in children.

What you can do

- ✓ Use these chemicals only when needed.
- ✓ Read and follow the instructions carefully.
- ✓ Keep your child off a treated lawn until it has been watered twice and the odor of the chemicals is gone.

Ozone

Ozone is colorless gas found in the air and is harmful the closer it gets to the ground. Ozone levels are highest in summer, in the late afternoon. Ozone pollution can cause breathing problems in children with asthma.

What you can do

- ✓ Keep your child indoors as much as you can when there's a health advisory or smog alert.
- ✓ Take public transportation, carpool, walk, or ride a bike instead of driving when you can, or buy a fuel-economic car. This will help reduce the amount of air pollution caused by cars.

Sun

The sun is the main cause of skin cancer in the United States. Children's skin can burn easily. Sunburns can be very painful and can cause a child to become sick. The sun's rays can also damage the eyes.

What you can do

- ✓ Keep babies younger than 6 months out of direct sunlight.
- ✓ Choose a sunscreen made for children with a sun protection factor (SPF) of at least 15.
- ✓ Use hats and sunglasses to protect your child's head and eyes from the sun.
- ✓ Try to keep your child in the shade between 10:00 am and 4:00 pm. This is when the sun's rays are strongest.
- ✓ Dress your child in lightweight clothing that covers as much of the body as possible.

To learn more

Agency for Toxic Substances and Disease Registry

800/232-4636
www.atsdr.cdc.gov

American Lung Association

800/LUNGUSA (800/586-4872)
www.lungusa.org

Environmental Protection Agency

202/272-0167
www.epa.gov

Food and Drug Administration

888/INFO-FDA (888/463-6332)
www.fda.gov

Health Resources and Services Administration Poison Control Program

www.poisonhelp.hrsa.gov

National Coalition Against the Misuse of Pesticides

202/543-5450
www.beyondpesticides.org

National Pesticide Information Center

800/858-7378
www.npic.orst.edu

Remember

Whether it is inside or outside, children love to explore their environment. This natural curiosity is an important way for children to learn. Be aware of the possible dangers that your child may face. Keep in mind that not all environmental dangers can be avoided completely, and do what you can to reduce your child's exposure.

Hotlines

EMF InfoLine

800/363-2383

National Lead Information Center

800/424-LEAD (800/424-5323)

National Radon Hotline

800/SOS-RADON (800/767-7236)

Poison Help

1-800-222-1222

Safe Drinking Water Hotline

800/426-4791

Listing of resources 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 publication. Phone numbers and Web site addresses are as current as possible, but may change at any time.

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.

From your doctor

American Academy
of Pediatrics



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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.

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Web site — www.aap.org

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Media History

Please check one answer for each question. If the question does not apply to your family (ie, you do not own a computer or mobile device), leave that section blank.

Child's Name _____

Date _____

Television (including on mobile screens)

Does your child watch more than 1 to 2 hours of TV per day? Frequently Sometimes Never

Do you watch TV with your child or know what your child is watching? Frequently Sometimes Never

Do you discuss TV shows with your child? Frequently Sometimes Never

Does your child have a TV in his or her room? Yes No

Do you limit your child's watching of TV shows that often contain violence, sex, foul or explicit language, or images of tobacco or alcohol use? Frequently Sometimes Never

Do you have rules about when TV can be watched? Yes No

Do you allow your child to eat meals or snacks while watching TV? Yes No

Does your child ask you to buy products he or she sees advertised on TV? Frequently Sometimes Never

Movies and Videos

Do you allow your child to watch movies or videos that are R-rated? Frequently Sometimes Never

Do you read movie reviews to know the content of PG-13 movies? Frequently Sometimes Never

Does your child have nightmares or trouble sleeping after watching movies? Frequently Sometimes Never

How often does your child watch music videos on TV? Frequently Sometimes Never

Music

Are you familiar with the type of music your child listens to? Yes No

Have you talked to your child about lyrics that you object to? Yes No

Do you set limits on the types of music your child listens to? Yes No

Video Games (including handheld)

Are you familiar with the types of games your child plays? Yes No

Do you check a game's rating before you rent or buy it? Yes No

Do you allow your child to own or download games with violent content? Frequently Sometimes Never

Do you limit the number of hours your child plays these games? Frequently Sometimes Never

Internet (Web sites, including social networking sites accessible by computer and handheld devices)

Do you monitor Internet use? Frequently Sometimes Never

Does your child have a computer in his or her room? Yes No

Are you familiar with the types of Web sites your child visits? Yes No

Do you talk to your child about the best use of the Internet? Frequently Sometimes Never

Have you purchased blocking software that prevents your child from visiting inappropriate/pornographic Web sites? Yes No

Books

Do you read to your child or does your child read at least once a day? Yes No

Do you provide your child with a variety of reading materials? Yes No

Do you talk to your child about the books that you read together or that your child is reading on his or her own? Frequently Sometimes Never

Do you have any specific concerns about:

- Your child's use of tobacco, alcohol, or illicit drugs? Yes No
- Your child's own sense of body image or sexuality? Yes No
- Displays of aggressive behavior or use of foul language? Yes No

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From your doctor

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