



Bright Futures Parent Handout 5 and 6 Year Visits

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

ORAL HEALTH

Healthy Teeth

- Help your child brush his 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.
- Your child should visit the dentist at least twice a year.

SCHOOL READINESS

Ready for School

- Take your child to see the school and meet the teacher.
- Read books with your child about starting school.
- Talk to your child about school.
- Make sure your child is in a safe place after school with an adult.
- Talk with your child every day about things he liked, any worries, and if anyone is being mean to him.
- Talk to us about your concerns.

MENTAL HEALTH

Your Child and Family

- Give your child chores to do and expect them to be done.
- Have family routines.
- Hug and praise your child.
- Teach your child what is right and what is wrong.
- Help your child to do things for herself.
- Children learn better from discipline than they do from punishment.
- Help your child deal with anger.
 - Teach your child to walk away when angry or go somewhere else to play.

NUTRITION AND PHYSICAL ACTIVITY

Staying Healthy

- Eat breakfast.
- Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
- Limit candy, soft drinks, and high-fat foods.
- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Limit TV time to 2 hours a day.
- Do not have a TV in your child's bedroom.
- Make sure your child is active for 1 hour or more daily.

SAFETY

Safety

- Your child should always ride in the back seat and use a car safety seat or booster seat.
- Teach your child to swim.
- Watch your child around water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in a hallway near every sleeping area.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- Teach your child about how to be safe with other adults.
 - No one should ask for a secret to be kept from parents.
 - No one should ask to see private parts.
 - No adult should ask for help with his private parts.

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

The Perkins Pediatric Clinic, LLC
Michael W. Perkins, MD
614 North Pine Street
DeRidder, LA 70634

phone: (337) 462-6000
www.perkinspediatrics.com

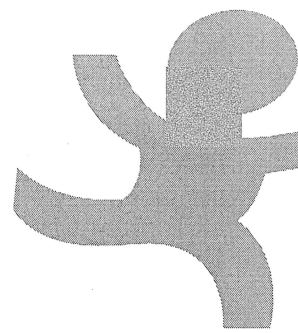


American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of Bright Futures Tool and Resource Kit. Copyright © 2010 American Academy of Pediatrics. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.



5 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!**

At age 5, your child is learning to do many things that can cause serious injury, such as riding a bicycle or crossing a street. Although children *learn fast*, they still cannot judge what is safe. You must protect your child. You can prevent common major injuries by taking a few simple steps.

Bike Safety

Your child should always wear a helmet when riding a bike. Buy the helmet when you buy the bike! **Make sure your child wears a helmet every time he or she rides.** A helmet helps prevent head injuries and can save your child's life.

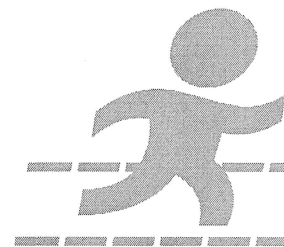
Never let your child ride a bike in the street. **Your child is too young to ride in the street safely.**

Be sure that the bike your child rides is the right size. Your child must be able to place the balls of both feet on the ground when sitting on the seat with hands on the handlebars. Your child's first bicycle should have coaster brakes. Five-year-olds are often unable to use hand brakes correctly.



Street Safety

Your child is in danger of being hit by a car if he or she darts out into the street while playing. Take your child to the playground or park to play. Show your child the curb and **teach him or her to always stop at the curb and never cross the street without a grown-up.**

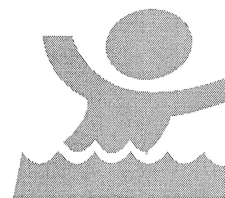


Water Safety

Now is the time to teach your child to swim. Even if your child knows how to swim, **never let him or her swim alone.**

Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. **NEVER** let your child swim in canals or any fast-moving water.

Teach your child to never dive into water unless an adult has checked the depth of the water. **And when on any boat, be sure your child is wearing a life jacket.**



(over)

Fire Safety

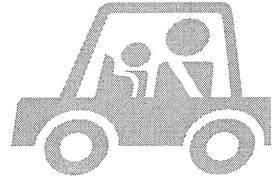
Household fires are a threat to your child's life, as well as your own. **Install smoke alarms on every level** in your house, especially in furnace and sleeping areas, and **test the alarm every month**. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries once a year.

Teach your child not to play with matches or lighters, and keep matches and lighters out of your child's reach. Also, do not smoke in your home. Many home fires are caused by a lit cigarette that has not been put out completely.



Car Safety

Car crashes are one of the **greatest dangers** to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death. **To prevent these injuries, correctly USE a car safety seat or belt-positioning booster seat and seat belt EVERY TIME** your child is in the car. Your child should use a car safety seat with a harness until he reaches the seat's upper weight limit or his ears come to the top of the seat, and then he should use a belt-positioning booster seat. Your child is not big enough to fit in the adult seat belt yet. **The safest place for all children to ride is the back seat**. Set a good example. Make sure you and other adults buckle up, too!



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. Handguns are especially dangerous. It is best to keep all guns out of the home. If you choose to keep a gun, it should be kept 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. Be prepared...for your child's sake!

SAFETY IN A KID'S WORLD

Dear Parent: Your child is old enough to start learning 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.

Bike Safety

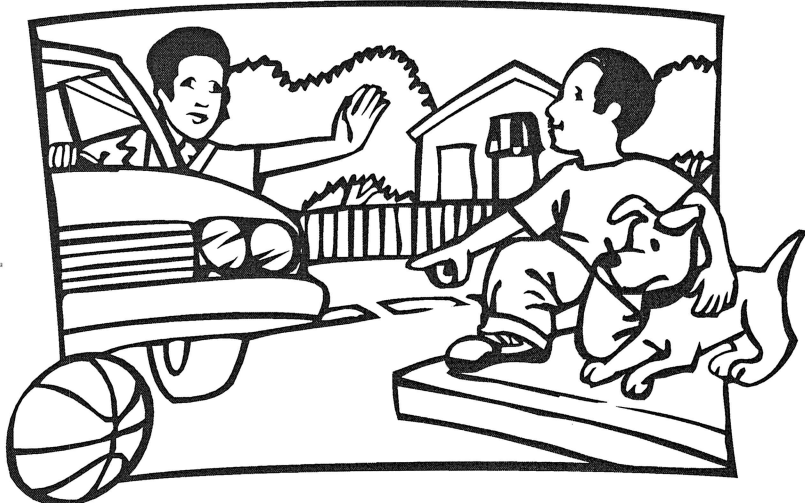
Always wear a 
when you ride your 
Get the Helmet Habit!

Street Safety

Never run into the street. The street is not safe for kids.

When you come to the curb... 
Directions: Show John the curb. Color the curb. Then color the picture.

The Perkins Pediatric Clinic, LLC
Michael W. Perkins, MD
614 North Pine Street
DeRidder, LA 70634
(337) 462-6000
www.perkinspediatrics.com



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.

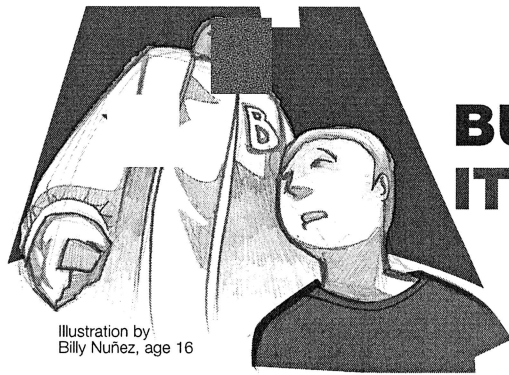


Illustration by
Billy Nuñez, age 16

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.

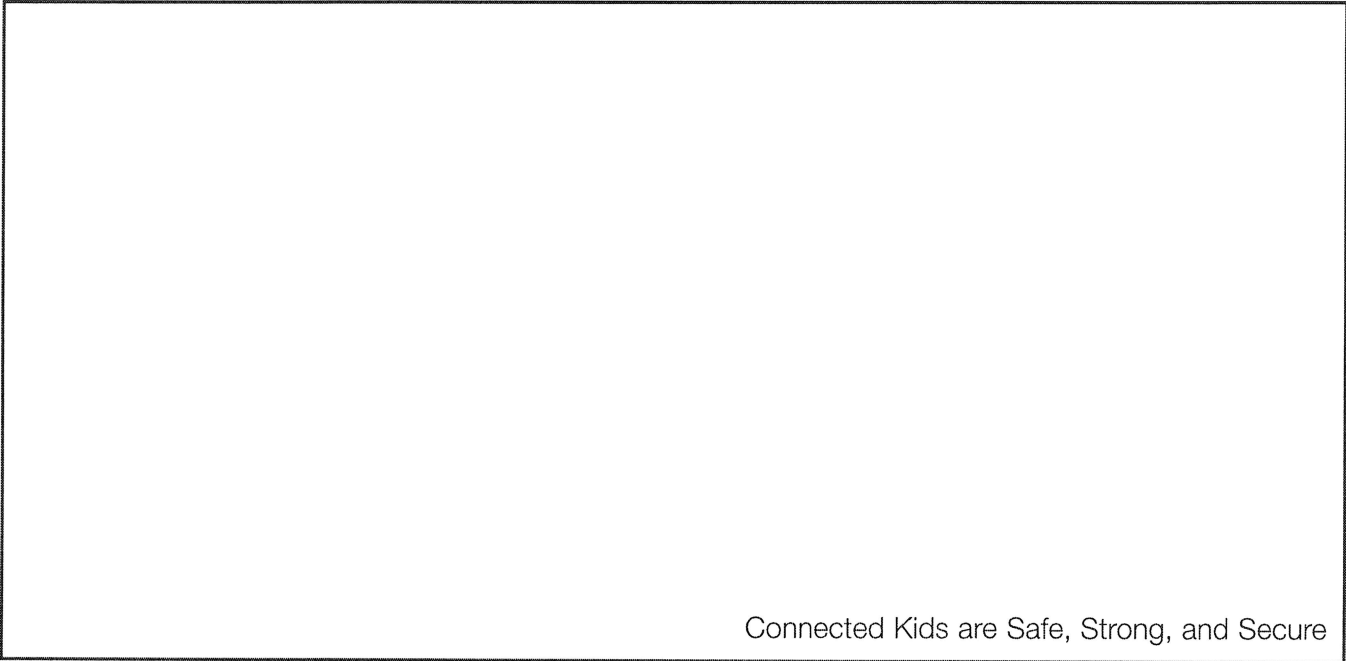
Talking to an adult is not “tattling.” Standing up for another child by getting help is an act of courage and safety. To make it easier, suggest taking a friend.

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

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. Adapted with permission from the Massachusetts Medical Society’s “Bullying—It’s Not OK” Parent Education Card, Copyright 2000.

All rights reserved.
HE50390

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™

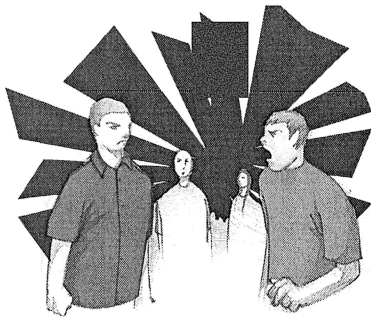


Illustration by
Billy Nuñez, age 16

EVERYBODY GETS MAD: HELPING YOUR CHILD COPE WITH CONFLICT

HELP CHILDREN TO ACT CALM

- Let them know that it takes more courage to walk away from a fight than to stay and fight.
- Teach them that fights don't solve problems—they make new ones.
- Remind them that when they get mad but don't fight, they have really won.

Sometimes, getting along with other kids is hard. Some kids:

- Get into fights when they are angry.
- Get teased a lot.
- Encourage others to fight.

This can make your child feel bad or get in trouble. Teach your child how to deal with anger and stay out of trouble.

EVERYONE GETS MAD

Anger doesn't usually last a long time, but it is a very strong feeling when it happens.

Children get mad when:

- Their feelings are hurt or they can't do what they want.
- Others don't understand them or lie about them.
- They feel left out or others don't act the way they want.

When children are mad, their bodies react:

- Their hearts beat faster and their faces feel hot and sweaty.
- It might be hard to breathe and they can't think clearly.
- They have a lot of energy and want action.

When children are angry, it is:

- Good to put their feelings into words.
- Not good to hit someone, break things, or say things that hurt.

TEACH YOUR CHILD TO ACT CALM

When children get mad, they can ACT:

Acknowledge.

- Acknowledge angry feelings.
- Notice changes in their bodies.

Calm down.

- Breathe deeply, count to 10, or walk away.
- Punch a pillow, run, or play music.

Think and talk.

- Think about the problem and ways to fix it. If someone doesn't know what children are trying to say or do, they need to explain themselves.
- Talk with someone about being mad and ways to fix the problem without fighting. If there is nobody to talk to right away, stop and think, "This is why I'm mad and what I need to do is ..."



If someone tries to start a fight, your child can be the one to stay CALM:

Calm down.

- Keep a safe distance from the other person.
- Take slow, deep breaths.
- Stay alert and stand tall.

Avoid.

- Avoid name-calling or returning insults. It only makes things worse.
- Avoid other kids who may want to fight. Try to talk in private with the kid who wants to fight.

Listen.

- Calmly listen to what the other kid says.
- Ask, "What does this person really want?"

Move on.

Find ways to solve the problem without fighting.

- Use humor. "I wouldn't want you to catch my cold."
- Give a reason. "We'll both get thrown off the team if we fight."
- Walk away. If nothing else works, it's best to walk away.

Children do what they see others do. You are your child's most important role model.

If your child is still having trouble getting along with other kids, talk with your pediatrician.



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.
HE50393

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™

Caring for Your Child's Teeth

Almost 1 in 4 children in America will have a **cavity** (KA-vuh-dee) before turning 4 years of age! That's why it's very important for parents to know how to care for their children's teeth.

Things You Can Do to Care for Your Child's Teeth

Birth to 1 Year

- After feedings, gently brush your baby's gums and any baby teeth with water and a soft baby toothbrush. Or wipe them with a clean washcloth or gauze.
- After the first tooth comes in, ask your child's doctor if your child is getting enough **fluoride***.
- Your child's doctor will check your baby's mouth at well-child visits. Babies at high risk for decay will be sent to a dentist.

1 Year to 2 Years

- Brush your child's teeth twice a day with water and a soft baby toothbrush. The best times are after breakfast and before bed. Start when your child has any teeth.
- Make sure your child doesn't drink more than a small cup of juice each day. Only drink juice at mealtime, not in between.
- Take your child for a dental checkup if your child has not had one yet.

2 Years to 6 Years

- Brush your child's teeth twice a day. Help your child brush. Or repeat the brushing after your child is done. Children this age need to learn to brush, but they can't really do a good job yet.
- Start using a fluoride toothpaste. Teach your child not to swallow it. Use only a pea-sized amount and smear the paste into the bristles. Too much fluoride can make white or brown spots on your child's adult teeth.
- Floss between any teeth that touch each other.
- Take your child for a dental checkup at least once a year.



6 Years and Up

- Have your child brush his or her teeth **twice a day** with fluoride toothpaste.
- Teach your child to floss every night after brushing.
- Take your child for a dental checkup at least once a year.

What Else You Can Do

Make sure your child has regular checkups with a dentist. Your child's doctor will also look at your child's teeth and gums during well-child visits and help you find a dentist if the teeth have early tooth decay.

Make sure you have healthy teeth and gums. You can pass germs that cause cavities if you share food or drinks with your child.

Don't share food or drinks with your child. If you do you can pass germs that cause cavities and gum disease. You can also pass germs that cause cavities if you lick your child's spoon or pacifier.

Call the dentist if you are worried about tooth decay and other problems. If you don't have a dentist, call your child's doctor to help you find one. Only a dentist can treat tooth decay.

* Words to Know

fluoride (FLOR-eyed)—a natural chemical that helps teeth stay strong and helps prevent tooth decay. It hardens the outer coating on the teeth called enamel. Fluoride also helps repair early damage to teeth.

permanent (PUR-muh-nint)—lasting for a lifetime. Permanent teeth replace baby teeth one by one in your child's mouth. If your child loses a permanent tooth, it *won't* grow back.

Continued on back

Continued from front

What Is a Cavity?

An outer coating called enamel protects teeth. **Tooth decay** happens when germs in the mouth mix with sugar in foods and drinks. The germs then make acids that break down the enamel. **Cavities** (KA-vuh-deez) are holes in the enamel caused by tooth decay.

Cavities may look like white or brown spots on the teeth. You might also see white lines on the teeth where they meet the gums.

Tooth decay in your baby's teeth used to be called baby bottle tooth decay, but is now called early childhood caries. **Caries** (KAIR-eez) is another word for tooth decay.

Eating and Tooth Decay

To help prevent tooth decay in your infant or child:

- Don't put your child to bed with a bottle with anything other than water.
- Don't let your child suck on a bottle or sippy cup with anything other than water except at feeding times.
- Don't let your child eat sweet or sticky foods, like candy, cookies, or fruit roll-ups. There is sugar in foods like crackers and chips too. These are especially bad if your child snacks on them a lot. They should only be eaten at mealtime.
- Don't let your child sip drinks that have sugar and acid, like juices, sports drinks, flavored drinks, soda pop, or flavored teas.

How Does My Child Get Fluoride?

Fluoride can be added to drinking water and toothpaste. Your water department can tell you if your tap water has fluoride. If your water comes from a well, get a fluoride water test. If needed, your dentist or child's doctor will give your child fluoride drops or pills to take every day, or may suggest you buy bottled water with fluoride. Your child may also get fluoride treatments (varnish or gel) at a medical or dental visit.

Do Pacifiers or Thumb and Finger Sucking Hurt Teeth?

Sucking a pacifier, thumb, or fingers can affect the shape of the mouth, and how the top and bottom teeth line up. This is called your child's "bite."

It's OK if you give your baby a **pacifier**, but...

- Wait until your baby is 1 month old if you're breastfeeding.
- Do not dip the pacifier in any sweet liquid.
- Wash and replace the pacifier often.

If your child sucks his or her **thumb or fingers**...

- Your child's bite will most likely be OK if he or she stops sucking by 4 or 5 years of age. That's when the **permanent*** teeth start coming in.
- Ask your child's dentist or doctor about how to help your child stop his or her sucking habits.

To learn more, visit the American Academy of Pediatrics (AAP) Web site at www.aap.org or visit the American Academy of Pediatric Dentistry Web site at www.aapd.org.

Your child's doctor or dentist will tell you to do what's best for your child. This information should not take the place of talking with your child's doctor or dentist.

We hope the resources in this handout are helpful. The AAP is not responsible for the information in these resources. We try to keep the information up to date but it may change at any time.

Adaptation of the AAP information in this handout into plain language was supported in part by McNeil Consumer Healthcare.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™