

6-10 Years Questions



Patient Name:	DOB:	Date:
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Any questions or concerns today? Please circle all that apply.

Eating	Y	N	Speech	Y	N
Elimination (voiding/stooling)	Y	N	Behavior	Y	N
Sleeping	Y	N	School	Y	N
Height/Weight	Y	N	Other	Y	N
Hearing/Vision	Y	N			

Any family changes or stressors since last visit? Y N

Any illnesses or injuries since your last visit? Y N

Do you use sunscreen and bug spray? Y N

Do you use a booster seat in the backseat of the car? Y N

If no, is you child always riding in the backseat with a seatbelt? Y N

Does your child go to before/after school daycare? Y N

Does your child go to the dentist twice a year? Y N

Does your child wear a helmet when:

Riding a bike or scooter? Y N

Rollerblading or skateboarding? Y N

Riding an ATV? Y N

Does your child know how to swim? Y N

Has your child experienced any problems with bullying at school? Y N

Does your child have a computer or TV in his/her room? Y N

Does your child spend 2+ hours per day total combined with TV, video games, computer? Y N

Have you talked to your child about talking to strangers in person AND online? Y N

Do you monitor your child’s phone/computer/social media use? Y N

Do you have a gun in your home? Y N

Is it unloaded, locked and with ammunition stored and locked separately? Y N

SEE REVERSE FOR ADDITIONAL QUESTIONS

6-10 Years Questions



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Food Insecurity & Transportation Questions (mark your answer):

- Within the past 12 months, you worried that your food would run out before you got money to buy more.
 - Often true
 - Sometimes true
 - Never true
- Within the past 12 months, the food you bought just didn't last and you didn't have money to get more.
 - Often true
 - Sometimes true
 - Never true
- In the past 12 months, has lack of transportation kept you from medical appointments, meetings, working or from getting things needed for daily living (mark all that apply)?
 - Yes, it has kept me from medical appointments or getting medications
 - Yes, it has kept me from non-medical meetings, appointments, work or getting things that I need
 - No

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INSTRUCTIONS: Emotional and physical health go together in children. Because caregivers are often the first to notice a problem with their child’s behavior, emotions or learning, you may help your child get the best care possible by answering these questions. Please mark under the heading that best fits your child.

Does your child:	Never	Sometimes	Often
1) Feel sad.			
2) Feel hopeless.			
3) Feel down on him/herself.			
4) Worry a lot.			
5) Seem to be having less fun.			
6) Fidget, is unable to sit still.			
7) Daydream too much.			
8) Distract easily.			
9) Have trouble concentrating.			
10) Act as if driven by a motor.			
11) Fight with other children.			
12) Not listen to rules.			
13) Not understand other people’s feelings.			
14) Tease others.			
15) Blame others for his/her troubles.			
16) Refuse to share.			
17) Take things that do not belong to him/her.			

PSC 17 Gardner W, Murphy M, Childs G et al. (1999)



BRIGHT FUTURES HANDOUT ► PARENT

5 AND 6 YEAR VISITS

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



HOW YOUR FAMILY IS DOING

- Spend time with your child. Hug and praise him.
- Help your child do things for himself.
- Help your child deal with conflict.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs. If you're worried about a family member's use, let us know, or reach out to local or online resources that can help.



FAMILY RULES AND ROUTINES

- Family routines create a sense of safety and security for your child.
- Teach your child what is right and what is wrong.
- Give your child chores to do and expect them to be done.
- Use discipline to teach, not to punish.
- Help your child deal with anger. Be a role model.
- Teach your child to walk away when she is angry and do something else to calm down, such as playing or reading.



STAYING HEALTHY

- 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 his teeth once a day.
- Your child should visit the dentist at least twice a year.
- Help your child be a healthy eater by
 - Providing healthy foods, such as vegetables, fruits, lean protein, and whole grains
 - Eating together as a family
 - Being a role model in what you eat
- Buy fat-free milk and low-fat dairy foods. Encourage 2 to 3 servings each day.
- Limit candy, soft drinks, juice, and sugary foods.
- Make sure your child is active for 1 hour or more daily.
- Don't put a TV in your child's bedroom.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.



READY FOR SCHOOL

- Talk to your child about school.
- Read books with your child about starting school.
- Take your child to see the school and meet the teacher.
- Help your child get ready to learn. Feed her a healthy breakfast and give her regular bedtimes so she gets at least 10 to 11 hours of sleep.
- Make sure your child goes to a safe place after school.
- If your child has disabilities or special health care needs, be active in the Individualized Education Program process.

Helpful Resources: Family Media Use Plan: www.healthychildren.org/MediaUsePlan

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

5 AND 6 YEAR VISITS—PARENT

✓ SAFETY

- Your child should always ride in the back seat (until at least 13 years of age) and use a forward-facing car safety seat or belt-positioning booster seat.
- Teach your child how to safely cross the street and ride the school bus. Children are not ready to cross the street alone until 10 years or older.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Make sure your child learns to swim. Never let your child swim alone.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- Teach your child about how to be safe with other adults.
 - No adult should ask a child to keep secrets from parents.
 - No adult should ask to see a child's private parts.
 - No adult should ask a child for help with the adult's own private parts.
- Have working smoke and carbon monoxide alarms on every floor. Test them every month and change the batteries every year. Make a family escape plan in case of fire in your home.
- If it is necessary to keep a gun in your home, 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.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

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