



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.

- 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.

Notes:



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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.