



8 YEAR VISIT (Also Appropriate for 7 or 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 school is going; activities or sports you are involved in.
- ★ Something that you are really good at and like to do.
- ★ What you and your friends do for fun.
- How your child deals with anger or frustration.
- Rules at home about food, movies, toys, language, and makeup.
- Concerns about your child's school work or behavior.
- Changes in your family since your last visit.
- Something your child has done that you are especially proud of.
- Any other topics you or your child may want to discuss.



Notes:



Name _____

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Things to Keep in Mind Between Now and the Next Visit

- Be sure your child's lap safety belt fits low and snugly across his thighs and the shoulder belt rests across the center of his chest.
- Talk to your child about avoiding drugs, alcohol, and tobacco.
- Make sure your child understands water, bike, neighborhood, and sports safety.
- Learn how to prevent dental injuries and how to handle dental emergencies.
- Encourage your child to read and develop hobbies.
- Get to know your child's friends and their families.
- Encourage positive interactions between your child and her teachers and other adults.
- Make sure your child has a healthy, safe, and supervised after-school environment.

How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Update your child's health and immunization records.
- Encourage your child to think about things he 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.
- Bring in report cards and results of parent-teacher conferences.
- Share ideas with the health professional about community resources that you have found useful.

What to Expect at the Next Visit

- 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.
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Notes: