

Well Check: 7 and 8 years *(for Patients)*

*In school, you're learning a lot about **everything**. You can learn to be healthy and strong, too. Read this paper with your parents. It will help you learn things you can do to take care of yourself.*

Try your best in school

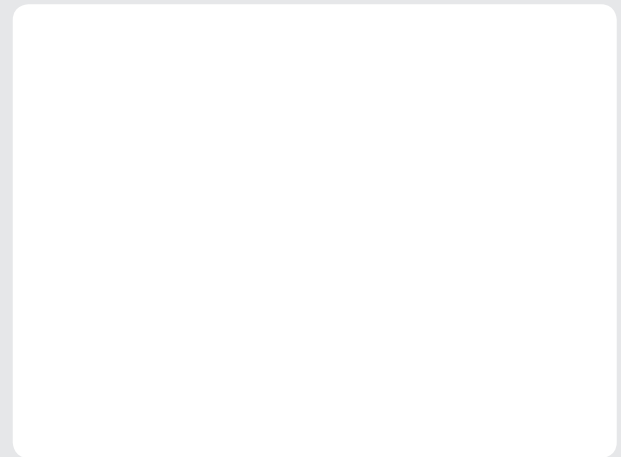
- **Work hard.** Some things will be easy to learn. Some things will be harder. Try your best at all of them. Learning something hard makes you feel great.
- **Ask for help when you need it.** Everyone needs help understanding things sometimes. Your teacher or parents can explain things a different way. They can let you practice. Or they can draw a picture so you can see. There are lots of ways to learn! You just have to find the best one for **you**.
- **Read books you like.** Go to the library. Get books about things you like — monsters, cars, dancers, animals — whatever! Read for fun every day.
- **Join the fun.** Teams and clubs at school are a good place to make friends. Look for one that sounds fun.
- **Don't let anyone be mean to you.** If someone is being mean, tell them to stop. Then go away. Tell your parents or your teacher.

Go out and play

- **Run around and play.** Run and play for at least an hour every day.
- **Don't just sit and watch.** Count how much time you're at the TV or computer every day. Make sure you run and play for at least that much time.
- **Join a sports team.** There may be some at school. There may be some outside of school. Ask your parents to find out.



Draw a picture of you and a friend:



Don't get hurt

- **Sit in your booster seat** when you're in the car. It's safer, and you can see out the window better. Always ride in the back seat of the car.
- **Wear a helmet** when you ride your bike or skateboard. Wear shin guards for soccer. Use the safety gear for **any** activity you do.
- **Never ever play with guns.**
- **Stay off the trampoline.**

Keep your teeth shiny

- **Brush your teeth.** Brush every morning and before bed. Then smile at yourself in the mirror!
- **Floss your teeth.** Floss before bed every night.
- **Drink water** instead of soda or juice drinks. Sweet drinks can cause cavities.

Power up with good food

- **Eat breakfast every day.** It helps you learn.
- **Fruits and vegetables are good food.** Try to eat 5 of them every day.
- **Drink milk or water.** Drink 3 cups of low-fat milk a day. Drink lots of water. Don't drink a lot of soda pop, energy drinks, or juice drinks.
- **Don't eat junk,** like candy and fast food.
- **Eat at the table with your family.** If they don't sit down together much, tell them you want to.
- **If you're worried about what you eat** or how much you weigh, ask the doctor about it.

Be safe around people

- **Learn how and when to call 911.** You may be able to help someone!
- **At home,** don't open the door to anyone you don't know.
- **Don't go in anybody else's house** unless your parents say it's okay.
- **Keep your private parts covered.** Your private parts are the parts covered by your swim suit.

- **Tell your parents** or another adult you trust if an older kid or an adult:
 - shows you their private parts.
 - asks you to show them your private parts.
 - touches your private parts.
 - asks you to keep a secret from your parents.
 - makes you feel strange or worried.

(A doctor or nurse may need to see your private parts. They will only do this in a doctor's office or hospital, and only if your parents are there.)

Talk about how you feel

- **Find a good listening friend.** It could be your mom or dad. Tell them what makes you mad or sad. Tell them what worries you. And tell them what makes you happy, too. It helps to talk.
- **Ask lots of questions.** Ask about how your body is changing. Ask about things you're thinking about. Any question is okay!

Your next well check will be in one year.

All kids are a little different. Your doctor may tell you some things that are different from what this paper says. If so, follow what your doctor says.

Other things your doctor says: _____

HELPFUL RESOURCES



If you need help in other areas of your life (such as rent, violence, or a job), call 2-1-1, or visit 211ut.org for community resources.