

Bright Futures - Questions for Children (Age 7 – 8)

Date: _____

Name: _____

Birthdate: _____ Ethnicity: _____

I would like to ask you some questions about nutrition, health and safety. Your answers will only be seen by the nurse or therapist. Information will not be discussed with anyone else but must be reported if there is anything that could bring harm to you or others.

	YES		NO	UNSURE
1. Do you eat fruits and/or vegetables every day?				
2. Did you drink soda pop, sport's drink and/or juice this past week?				
3. Do you brush your teeth every day?				
4. Do you play sports or get outside to play every day?				
5. Do you get between 10 and 11 hours of sleep every night? <i>Note: Interviewer may need to help child calculate how many hours of sleep they get on average per night.</i>				
6. Are there rules for screen time (devices, phones, tablets) in your home?				
7. Are your parents with you when you are on the phone or tablet?				
8. Do you feel safe in your neighborhood or around where you live?				
9. Have you been bullied, teased or made to feel afraid by others either at home or school?				
10. When you play outside do you use things to protect your body like a helmet and sunscreen?				
11. Do you know how to be safe around water (never swim alone, take swimming lessons, always be sure an adult is present)?				
12. Do you always sit in the back seat of a car and use a booster seat?				

13. Do you know what to do in an emergency at home, such as how to get to help, escape a fire?					
14. Have mom and dad talked to you about your personal safety (privacy, touching by others, not keeping secrets, not sharing personal information or talking to strangers on the internet)?					
15. Are you around smoke at home or in the car?					
16. Are you absent a lot from school because you are sick or for other reasons?					
17. Are you enjoying school?					
18. Do you have a best friend or a few best friends?					
19. Do you feel you can handle feelings of anger, frustration and sadness?					
20. Do you feel good about yourself most of the time?					

Adapted from:

American Academy of Pediatrics (2019). Bright futures guidelines for health supervision. Retrieved from: https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_MiddleChildhoodVisits.pdf