

Charlotte Pediatric Clinic
Pre-Adolescent Safety Questionnaire (3-11 years)

Date: _____

Name: _____

Reviewed By: _____

Chart #: _____

	YES	NO	Comments
1) Do you have a trampoline?			Trampolines are real liabilities; If you must, GET A NET.
2) Do you have a pool?			Pools must be fenced and locked.
3) Do you have a playground?			Playgrounds need 9-12 inches of play-ground mulch. This decreases risk of arm fractures by 75%
4) Is second-hand smoke in your house or car?			ALWAYS keep the smoking out of the car AND the house
5) Are there firearms or weapons in your home?			Guns and weapons have to be locked-up and unloaded.
6) Does your child have a TV or computer in their room?			Increases risk for obesity, decreases quality of sleep, increases behavior problems, decreases concentration at school.
7) Does everyone wear a seatbelt?			Please do!!!
8) Does this child sit in the back seat?			Children under 12 years old should be in the back.
9) Does this child wear a helmet with bicycle, scooter, skateboard?			Wearing helmets decreases risk of brain injury by 85%.

	Circle One:		Comments
10) How many times does he/she brush his/her teeth each day?	2-3 times	Less than 2 times	Please brush at least twice per day.
11) How many hours per day does this child play video, TV and computer?	Less than 2 hours	More than 2 hours	Keep total screen time to less than 2 hours per day.