

Steps for a blood pressure check

1. Have your child wear a short-sleeved shirt or a shirt that can be easily slipped off the arm.
2. For Teens: At least 30 minutes before the appointment, **Do Not:**
 - Smoke
 - Exercise
 - Drink caffeine – no coffee, tea, soda or energy drinks
3. At least five minutes before your child's blood pressure check, have your child:
 - Empty his or her bladder
 - Sit quietly with both feet on the floor and his or her back supported, if possible
4. Don't talk with your child while his or her blood pressure is being checked.



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



5210 Every Day!

Come prepared
for your child's
blood pressure
reading.



Did you know?

High blood pressure is more common in overweight children. Children who have high blood pressure have a greater risk of developing these conditions during their lifetime:

- Seizures
- Stroke
- Heart disease
- Kidney disease



What Do Blood Pressure Numbers Mean?

Blood pressure is measured by two numbers. The top number, “systolic”, is the pressure in the blood vessels when the heart beats. The bottom number, “diastolic”, is the pressure in the blood vessels between heartbeats.

Normal Blood Pressure:

- Varies depending upon your child’s age
- Should be checked once a year beginning at age 3

High Blood Pressure:

- May be checked at every visit
- Raises the risk of high blood pressure in adulthood

Tips from Redy

- Keep blood pressure in the normal range.



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and

- Use less salt
- Resist using tobacco products

Be a Role Model

Don't smoke around your child. Call the Maine Tobacco HelpLine for help with quitting, 1-800-207-1230.

