



Bright Futures Family Pocket Guide:

Raising Healthy Infants, Children, and Adolescents

Sponsored by



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For copies of the Bright Futures Family Pocket Guide, contact the National Maternal and Child Health Clearinghouse at (703) 356-1964, (888) 434-4MCH, (888) 434-4624 or visit the web site the Maternal and Child Health web site at www.mchb.hrsa.gov/html/links.html.

Family Voices is a national grass roots network of families and friends speaking on behalf of all children with or at risk for special needs.

Family Voices - National Office

PO Box 769

Algodones, NM 87001

Tel (505) 867-2368 ♥ Fax (505) 867-6517

Email: kidshealth@familyvoices.org

Web site: www.familyvoices.org



Family Voices - Boston Office

at the Federation for Children with Special Needs

1135 Tremont Street, Suite 420

Boston, MA 02120

Tel (617) 236-7210 ♥ Fax (617) 572-2094

Email: fcsninfo@fcsn.org

Web site: www.fcsn.org



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Bright Futures Children's Health Charter

Every child deserves to be born well, to be physically fit, and to achieve self-responsibility for good health habits.



Every child and adolescent deserves ready access to coordinated and comprehensive preventive, health-promoting, therapeutic, and rehabilitative medical, mental health, and dental care. Such care is best provided through a continuing relationship with a primary health professional or team, and ready access to secondary and tertiary levels of care.



Every child and adolescent deserves a nurturing family and supportive relationships with other significant persons who provide security, positive role models, warmth, love, and unconditional acceptance. A child's health begins with the health of his parents.



Every child and adolescent deserves to grow and develop in a physically and psychologically safe home and school environment free of undue risk of injury, abuse, violence, or exposure to environmental toxins.



Every child and adolescent deserves satisfactory housing, good nutrition, a quality education, an adequate family income, a supportive social network, and access to community resources.



Every child deserves quality child care when her parents are working outside of the home.



Every child and adolescent deserves the opportunity to develop ways to cope with stressful life experiences.



Every child and adolescent deserves the opportunity to be prepared for parenthood.



Every child and adolescent deserves the opportunity to develop positive values and become a responsible citizen in his community.



Every child and adolescent deserves to experience joy, have high self-esteem, have friends, acquire a sense of efficacy, and believe that she can succeed in life. She should help the next generation develop the motivation and habits necessary for similar achievement.



Introduction

The Bright Futures Project

What is Bright Futures?

Bright Futures is a vision and a philosophy of children's health care. It is also a set of up-to-date guidelines, offering a practical approach to health care for children from birth through adolescence. Bright Futures is dedicated to the principle that every child deserves to be as healthy as possible, and that the best health care involves a trusting relationship between a child and family, a health professional, and their community.

Bright Futures materials and projects are based at the National Center for Education in Maternal and Child Health. To learn more about Bright Futures, call (703) 524-7802, email at brightfutures@ncemch.org, or visit the Bright Futures Web site: www.brightfutures.org. Bright Futures materials can be viewed by visiting the Bright Futures Web site.

Bright Futures was initiated and funded by the U.S. Department of Health and Human Services - Health Resources and Services Administration - Maternal and Child Health Bureau.

Family Voices has developed this Bright Futures Family Pocket Guide so that families will have access to the wealth of information Bright Futures provides. It is designed to coordinate with materials for professionals, encouraging the partnerships that are so important to children's good health.

Bright Futures Materials:

Bright Futures is being used nationwide by families, professionals, child advocates, and policymakers. To order Bright Futures materials, contact the National Maternal and Child Health Clearinghouse at (703) 356-1964, (888) 434-4MCH, (888) 434-4624 or visit the Maternal and Child Health Bureau web site at www.mchb.hrsa.gov/html/links.html. You can view materials on the Bright Futures web site at www.brightfutures.org.

Available:

- Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, 2nd Edition
- Bright Futures in Practice: Oral Health
- Oral Health Quick Reference Cards- Bright Futures Anticipatory Guidance Cards
- Bright Futures Encounter Forms for Health Professionals
- Bright Futures in Practice: Nutrition
- Bright Futures Newsletter- Bright Notes
- Bright Futures Pocket Guide



For Families:

- Bright Futures Encounter Forms for Families
- Bright Futures Family Pocket Guide: Raising Healthy Infants, Children and Adolescents
- Bright Futures Family Talkcards (for use in groups)
- Bright Futures Health Record
- Partnering for Your Child's Good Health (contact the National Parent Network on Disabilities at (202) 463-2299)

For Children:

- Bright Futures Activity Book

Coming Soon:

- Bright Futures in Practice: Physical Activity
- Bright Futures in Practice: Mental Health
- Bright Futures for Children with Special Health Care Needs



Contributions to the Family Pocket Guide

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How to Use the Bright Futures Family Pocket Guide

This family pocket guide follows Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, Second Edition. It's a quick reference for families, highlighting important child health topics. It's divided into four age groups or stages of development which are further divided into two main sections, **"Thinking Ahead"** and **"Your child at."**



The four stages of development Bright Futures uses are: Infancy (birth-11 months); Early Childhood (1-4 years); Middle Childhood (5-10 years); and Adolescence (11-21 years). Some children's development may fit neatly into these categories, others will not. Talk with your child's health care provider about your own child's development.

Thinking ahead. These sections offer information about what to expect as your child grows and develops. They suggest ways you may want to prepare for new skills and behaviors.

Your child at. Regular, well-child visits promote your child's good health and help prevent illness and disease. These sections cover areas relating to your child's physical and emotional health. Each visit is a chance to work with your child's health care provider as a team, to think about your child and ways to help your child. Your child's health care provider may be a pediatrician, family practitioner, physician's assistant, or nurse practitioner. Health visits should also provide information and guidance. They should provide reinforcement and help for you as parents.



Your child at... subsections

- ◆ **Your child may be ready to...** Appearing in Infancy and Early Childhood sections, this subsection notes what your child might be doing or be ready to do at specific ages. Because children develop at different rates, these steps and their timing will vary some from child to child. Use these steps as discussion points with your child's health care providers to learn what's appropriate and "on-target" for your child. Children with special needs usually have some of the same, as well as, some different patterns of development. If you have serious concerns, find out whether further assessments or interventions are advisable. See *Resources for children with special needs* on page 89.
- ◆ **Health visit.** Your child's health care provider will want to ask questions of you and your child to understand more about your child's growth and progress. Similarly, you'll want to be ready to share information and observations and raise any questions or concerns you have (see *Health visit checklist* on page 4). This section suggests comments and questions you might want to bring up. Good health care for children involves developing good partnerships with your children's health care providers. As your child becomes older, encourage her to share experiences and questions she has about her health.
- ◆ **Your health care provider may...** Included here is a list of procedures and tests that might occur during this visit. Check page 81 for a sample *Physical exam checklist* your health care provider might use during a visit. Families should ask health care providers for more information about any tests or procedures that are unclear to them. Your health care center or health care provider's office is likely to have informative brochures about these tests and procedures for you to take home.



Schedule of Health Visits Recommended by Bright Futures

- **Initial Visit** - Introductory visit with the baby's future health care provider, before the baby is born.

- **Infancy**

Newborn	First Week	1 Month	2 Months
4 months	6 Months	9 Months	

- **Early Childhood**

1 Year	15 Months	18 Months	2 Years
3 Years	4 Years		

- **Middle Childhood**

5 Years	6 Years	8 Years	10 Years
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- **Early Adolescence**

11 Years	12 Years	13 Years	14 Years
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- **Middle Adolescence**

15 Years	16 Years	17 Years	
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- **Late Adolescence**

18 Years	19 Years	20 Years	21 Years
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Developing a Good Relationship with Your Child's Health Care Provider: Health Visit Checklist

Your child's health care provider expects to work with you as a partner to keep your child safe and healthy. You will want to work together to develop trust and easy communication. This takes time and doesn't usually happen in just one visit. Share information - each of you has knowledge the other must have to provide the best care for your child.

Choosing a Health Care Provider

If you have a choice, look for a provider whose style and office procedures fit your needs. Talk with family and friends about providers they recommend.

- Do you think his/her style fits your needs and those of your child?*
- Can you talk easily with this provider? Is your language and culture understood and respected?*
- Is the office location convenient?*
- Are there hours or times you can call with questions?*
- Who is available when the doctor is away?*
- Will your health insurance cover this provider?*



If you don't have insurance or health care coverage, call your health department, local hospital, Women, Infants and Children's (WIC) office, your state's chapter of the American Academy of Pediatrics, or the toll-free number 1-877-KIDS-NOW for information on free or low cost children's health insurance.



Preparing for a Health Visit

- ❑ Make sure you understand the purpose of the visit (e.g. regular health check-up, immunizations, sickness, etc.) and bring along any records you'll need. Use *Bright Futures Encounter Forms for Families* to help you prepare. These forms provide information about what to expect at each visit and ways to prepare for the next. See page vii for ordering information or visit www.brightfutures.org.
- ❑ Think about your child's progress and what has changed since the last visit (changes in health or behavior, changes within the family, etc.).
- ❑ Make a list of questions or concerns you want to discuss. Bring a notepad to take any notes you want to remember. Parents who have information feel better prepared themselves.
 - It's important to ask questions, even if some don't seem directly related to health.
 - Put worries into words. A good health care provider will try to help you think through issues and find answers or referrals.
 - Are there any concerns raised by other care givers or family members you should bring up?
- ❑ Prepare your child for the visit. Encourage your child to ask questions or discuss concerns (as appropriate for your child).

Be prepared for emergencies. What is your health care provider's advice on how and when to get emergency help? Should you take the time to call the office number first? Learn this before there is a problem. Keep phone numbers in a place that is easy to find when there is a sudden problem (see *Important phone numbers* on page 80).

During the Visit

- ❑ Talk about what matters to you. Your way of seeing your child helps the health care provider understand more about your child's development and your priorities.
- ❑ Expect your child's health care provider to ask questions such as:
"How does your baby respond to new people?", "How many hours does Juan sleep at night?", "How is school going for Tina?", "How is Philip handling stress?", "Kim, are you driving yet?"
- ❑ Ask questions about any important issues for your child such getting along with others, playing sports, after school jobs, etc.
- ❑ Mention any significant family events that have happened since the last visit (a move, death, divorce, other family members who are sick).
- ❑ Offer feedback to your child's health care provider about recommendations made to you about your child's health.
 - Your opinions should be respected.
 - Sharing information will strengthen the partnership, even if you disagree sometimes.
- ❑ Ask what you can do to help your child develop well.
- ❑ Ask about what's likely to happen next in your child's growth and development.
- ❑ Share ideas, observations, and good resources with your health care provider; in turn, ask for recommendations.
- ❑ Offer your health care providers constructive feedback on how they're doing, caring for your child.



After the visit is over, ask yourself

- Was the office a comfortable place; did you feel welcome?
- Were there opportunities for you and your child to discuss concerns?
- Did your health care provider listen and communicate well?
 - Did you understand what was being discussed?
 - If there was something you didn't understand, did you ask for and get a clearer explanation?
 - Is there an easy way to get answers to questions between visits?
- If you didn't get to cover everything you had hoped to:
 - Are you comfortable waiting for the next visit?
 - Are there other members of this provider team who can talk about these issues with you?
- If you didn't agree with your health care provider about an issue, did you discuss your concerns? Do you feel comfortable with the result?
- Were your cultural values and views considered?
- If you were given referrals or instructions for care after the visit:
 - Do you know or have in writing what you should do next?
 - Do you have the names and phone numbers for any referrals mentioned?
 - If you are responsible for follow-up activities or treatments at home, do you feel prepared? Is there someone you can check with about questions or observations?
- Do you need to share information from the visit with family members or other care givers?
 - Are you clear about how to describe what needs to be done?
 - Is there written information?
- Is there anything you plan to do differently at your next health visit?

