Bright Futures
Guidelines for Health Supervision of Infants, Children, and Adolescents
Encounter Forms for Families
The mission of Bright Futures is to promote and improve the health, education, and well-being of children, adolescents, families, and communities.

Bright Futures is a national child health promotion and disease prevention initiative launched in 1990 with the support of the Maternal and Child Health Bureau, Health Resources and Services Administration, and the Medicaid Bureau, Health Care Financing Administration. Bright Futures is dedicated to developing educational materials for health and education professionals and families and to implementing the Bright Futures content, philosophy, and materials through technical assistance, training, and outreach.

Bright Futures Materials

The content of the Bright Futures Encounter Forms is based on Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. Other Bright Futures materials include:

Available
- Bright Futures Pocket Guide
- Bright Futures Anticipatory Guidance Cards
- Bright Futures Activity Book
- Bright Futures in Practice: Oral Health
- Bright Futures Oral Health Quick Reference Cards
- Bright Notes Newsletter
- Bright Futures Information Packet

Forthcoming
- Bright Futures in Practice: Nutrition
- Bright Futures in Practice: Mental Health
- Bright Futures in Practice: Physical Activity
- Bright Futures for Families Materials

For more information about the Bright Futures project and publications contact:

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These encounter forms have been published by the National Center for Education in Maternal and Child Health, Arlington, VA, 1998, under its cooperative agreement (MCU-119301) with the Maternal and Child Health Bureau, Health Resources and Services Administration, Public Health Service, U.S. Department of Health and Human Services. The line drawings by Michael David Brown are from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. The encounter forms are made possible through an educational grant from Pfizer Pediatric Health.
HOW TO USE THEENCOUNTER FORMSFORFAMILIES

The Bright Futures family and professional encounter forms are meant to be used together. A family form should be handed to the family when they come in for a health supervision visit, and they should be encouraged to review it before the visit begins.

Bright Futures for Families Encounter Forms can be used:
• By parents, children, adolescents, other family members, and caregivers.
• To provide families and professionals with a shared framework for health promotion and health supervision that fosters partnership.
• To engage health professionals in discussion, share information, ask questions, and raise issues and concerns.
• To be prepared for and informed about what will happen in today’s visit and the next health supervision visit.
• To bring home specific age-appropriate health promotion messages and tasks to accomplish.
• To become more active participants in the health supervision process.

At Today’s Visit
• What to expect of the physical exam, screenings, and immunizations.

5 Year Visit
Name ________________________________________________________
Age _____________________ Weight____________ Height___________

AT TODAY’S VISIT
• You and your doctor will have an opportunity to talk about your child’s growth and development.
• Your doctor will ask for an update on your child’s health.
• Your child will have a physical examination.
• Your child’s vision, hearing, and blood pressure will be checked.
• You will be asked about your child’s possible exposure to lead and your family’s history of heart disease.
• Your child may have a test for tuberculosis.
• Your child may receive one or more immunizations: DTP, polio; MMR. Ask your doctor about them.
• You and your child will have an opportunity to ask questions.

THINGS YOU AND YOUR CHILD MAY WANT TO DISCUSS DURING THIS VISIT
• What you think about going to school.
• What you like to do for fun.
• Preparing your child for school and meeting the teachers.
• Arrangements for before-school and after-school care.
• Changes in your family since your last visit.
• Some things your child can do now that he couldn’t do at the last visit.
• Any other topics you may want to discuss.

NOTES: ______________________________ ______________________________

Working Together to Keep Your Child Healthy and Happy
THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT

- Information about the child’s current and next developmental phase.
- Tasks to accomplish.

These points correspond to the highlighted “Anticipatory Guidance” topics on the professional forms.

HOW TO PREPARE FOR THE NEXT VISIT

- Information, concerns, and observations to share.
- Things to keep track of.
- Questions to prepare.
- Forms to complete.

Helping the family to be prepared for a visit promotes partnership.

WHAT TO EXPECT AT THE NEXT VISIT

- Components of the physical exam, screenings, and immunizations.
Bright Futures Children’s Health Charter

Throughout this century, principles developed by advocates for children have been the foundation for initiatives to improve children’s lives. Bright Futures participants have adopted these principles in order to guide their work and meet the unique needs of children and families into the 21st century.

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 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.
The Bright Futures Encounter Forms are on the Web and available in Spanish! Visit the Bright Futures Web site at www.brightfutures.org.

Download, photocopy, and use these forms every time you visit with a child and family. Feel free to make modifications and additions to the forms to reflect your style, practice standards, and setting.