Bright Futures

Guidelines for Health Supervision of Infants, Children, and Adolescents

Encounter Forms for Families
THE BRIGHT FUTURES PROJECT

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 for families and to the implementation of the Bright Futures content, philosophy, and materials.

BRIGHT FUTURES MATERIALS

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

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

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

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

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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**

- 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 MAY WANT TO DISCUSS DURING THIS VISIT**

- Developmentally appropriate.
- Star symbols for the child.
- Bulleted points for the parent.
- Space to note other topics.

These points correspond to the "Questions for Parent" and "Questions for Child" on the professional forms.

**NOTES:**
THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT

- Talk with your child about how to be safe (near strangers, on the playground, crossing streets, in the school bus or car).
- Limit TV.
- Provide healthy food choices for meals and snacks.
- Talk with your dentist about dental sealants for your child.
- Teach your child family rules, respect for authority, and right from wrong.
- Play with your child and show him affection.
- Expect your child to start being curious about sex, and answer his questions using correct terms.
- Participate as a family in school or community activities.
- Prepare your child for school, tour the school together, and meet the teachers.

WHAT TO EXPECT AT THE NEXT VISIT

- 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 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.

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.
Initial Visit

Name ________________________________________________________
Expected due date _____________________________________________

AT TODAY’S VISIT
- You and your health professional will have an opportunity to talk about how your pregnancy is going.
- Your health professional will ask you questions about your pregnancy and the preparations you’ve made for the new baby.
- You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT
- Excitement, nervousness about being a new mother/parent.
- Preparations you’ve made at home.
- Your physical and emotional well-being.
- Preparing your other children for the new baby.
- Questions about breastfeeding and bottlefeeding.
- Questions about circumcision.
- Plans for returning to work or school.
- Child care arrangements.
- Concerns about food or supplies for the new baby.
- Any other topics you may want to discuss.

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NOTES:

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

- Install a rear-facing infant safety seat in the back seat of your car, following the vehicle owner's manual and manufacturer's instructions.
- Never place your baby's safety seat in the front seat of a vehicle with a passenger seat air bag.
- The back seat is the safest place for children of any age to ride.
- Turn down hot-water heater temperature to 120° or lower.
- Make sure your crib is safe (slats no more than 2 3/8 inches apart).
- Put your baby to sleep on his back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- Maintain a smoke-free environment.
- Install smoke alarms in your home.
- Do not smoke or use drugs or alcohol.
- Keep your prenatal appointments.
- Attend childbirth and infant CPR classes.
- Expect changes in family relationships.
- Prepare your other children for the arrival of the new baby.
- Anticipate that you may feel tired sometimes or have the “baby blues” after your baby is born.
- Ask friends and family to help out when you need it.

HOW TO PREPARE FOR THE NEXT VISIT

- Be prepared to talk about family members' reactions to the new baby.
- Be aware of your own physical and emotional well-being and discuss any concerns you may have with the health professional.
- Bring in questions or concerns about breastfeeding or bottlefeeding.
- Have questions ready about safety issues regarding safety seats, cribs, and your home environment.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your baby will have a physical exam.
- Your baby's hearing will be tested and he will have a blood test.
- Your baby may receive an immunization.
Newborn Visit

Name ________________________________________________________
DOB ____________________ Weight ___________ Length __________

AT TODAY’S VISIT

- You and your health professional will have an opportunity to talk about how things are going with your new baby.
- Your baby will have a physical examination.
- Your baby’s hearing will be tested.
- Your baby will have a blood test.
- Your baby may receive an immunization for hepatitis. Ask your health professional about it.
- You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT

- How you are feeling after your delivery.
- Questions you may have about feeding your baby.
- Caring for yourself: getting plenty of rest, eating healthy foods. (If breastfeeding, ask questions about drinking plenty of fluids, relieving breast engorgement or tenderness, caring for nipples.)
- Your arrangements at home for the new baby.
- Who to turn to when you have questions about your baby’s care.
- Any other topics you may want to discuss.

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NOTES:
**Newborn Visit**

**THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT**

- Install a rear-facing infant safety seat in the back seat of your car, following the vehicle owner's manual and manufacturer’s instructions.
- The back seat is the safest place for children of any age to ride.
- Never place your baby’s safety seat in the front seat of a vehicle with a passenger seat air bag.
- Make sure your crib is safe (slats no more than 2 3/8 inches apart).
- Put your baby to sleep on her back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- If breastfeeding: Hold your baby and get her to latch on properly. Feed on demand 8–12 times a day until she seems content. Expect 6–8 wet diapers daily.
- If bottlefeeding: Use iron-fortified, review formula preparation and feeding techniques. Hold baby in semisitting position. Do not use microwave to heat formula.
- Learn cord, circumcision, skin, and nail care and signs of illness.
- Try to comfort your baby by holding, cuddling, or rocking her.
- Rest while your baby is sleeping; realize there may be times when you feel tired, overwhelmed, or “blue”.

**HOW TO PREPARE FOR THE NEXT VISIT**

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions and observations about your baby’s sleeping and eating behaviors.
- Note changes in your own feelings and well-being.
- Keep a list of topics you would like to discuss at your next visit.

**WHAT TO EXPECT AT THE NEXT VISIT**

- Your baby will have a physical examination.
- Your baby’s hearing may be checked.
- Your baby may have a blood test.
- Your baby may receive an immunization.

**NOTES:**
Name ________________________________________________________
Age _____________________ Weight ___________ Length __________

AT TODAY’S VISIT
○ You and your health professional will have an opportunity to talk about your baby’s growth and development.
○ Your health professional will ask for an update on your baby’s health.
○ Your baby will have a physical examination.
○ Your baby’s hearing may be checked if not tested earlier.
○ Your baby may have a blood test.
○ Your baby may receive an immunization for hepatitis. Ask your health professional about it.
○ You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT
○ Your baby’s personality.
○ Your baby’s fussy periods; how to comfort your baby.
○ Questions or concerns about breastfeeding or bottlefeeding.
○ How to deal with feeling tired or blue.
○ Getting enough rest and time for yourself.
○ Any other topics you may want to discuss.

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NOTES:
**THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT**

- Use a rear-facing infant safety seat in the back seat of your car.
- Put your baby to sleep on his back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- Learn signs of illness: fever; seizure; skin rash; unusual irritability or lethargy; failure to eat; vomiting; diarrhea; dehydration; jaundice (yellowing of eyes and skin); apnea (long pauses in breathing).
- Never, never shake your baby.
- Keep your home and car nonsmoking zones.

- Do not put your baby to bed with a bottle or prop it in his mouth.
- Do not warm bottles in the microwave.
- Try to console your baby when he cries; crying may peak at 6 weeks of age.
- Hold, cuddle, and rock your baby; talk and sing to him.
- Encourage your partner to help care for the baby.
- Accept support from friends and family; learn about parent support groups.
- Schedule a postpartum checkup.

**HOW TO PREPARE FOR THE NEXT VISIT**

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions and observations about your baby’s sleeping and eating behaviors.
- Be prepared to share information about safety in your home and neighborhood.
- Complete and bring in any questionnaires or forms given to you by the health professional.
- Keep a list of topics you would like to discuss at your next visit.

**WHAT TO EXPECT AT THE NEXT VISIT**

- Your baby will have a physical examination.
- Your baby’s hearing may be checked if not tested earlier.
- Your baby may receive an immunization.

**NOTES:**

**Bright Futures**

1 Week Visit

Name ________________________________________________________

Date: __________________________

**THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT**

- Use a rear-facing infant safety seat in the back seat of your car.
- Put your baby to sleep on his back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- Learn signs of illness: fever; seizure; skin rash; unusual irritability or lethargy; failure to eat; vomiting; diarrhea; dehydration; jaundice (yellowing of eyes and skin); apnea (long pauses in breathing).
- Never, never shake your baby.
- Keep your home and car nonsmoking zones.

- Do not put your baby to bed with a bottle or prop it in his mouth.
- Do not warm bottles in the microwave.
- Try to console your baby when he cries; crying may peak at 6 weeks of age.
- Hold, cuddle, and rock your baby; talk and sing to him.
- Encourage your partner to help care for the baby.
- Accept support from friends and family; learn about parent support groups.
- Schedule a postpartum checkup.

**HOW TO PREPARE FOR THE NEXT VISIT**

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions and observations about your baby’s sleeping and eating behaviors.
- Be prepared to share information about safety in your home and neighborhood.
- Complete and bring in any questionnaires or forms given to you by the health professional.
- Keep a list of topics you would like to discuss at your next visit.

**WHAT TO EXPECT AT THE NEXT VISIT**

- Your baby will have a physical examination.
- Your baby’s hearing may be checked if not tested earlier.
- Your baby may receive an immunization.

**NOTES:**
Name ________________________________________________________
Age _____________________ Weight ___________ Length __________

**AT TODAY’S VISIT**
- You and your health professional will have an opportunity to talk about your baby’s growth and development.
- Your health professional will ask for an update on your baby’s health.
- Your baby will have a physical examination.
- Your baby’s hearing may be checked if not tested before.
- Your baby may receive an immunization for hepatitis. Ask your health professional about it.
- You will have an opportunity to ask questions.

**THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT**
- Your baby’s personality.
- Your baby’s fussy periods; how to comfort your baby.
- Your baby’s sleeping habits.
- Questions or concerns about breastfeeding or bottlefeeding.
- Dealing with being tired or feeling blue.
- Plans to return to work or school.
- Changes in your family since your last visit.
- Some things your baby can do now that she couldn’t do at the last visit.
- Any other topics you may want to discuss.

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**NOTES:**

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

- Put your baby to sleep on her back or side (back is preferred); avoid the use of soft bedding.
- Test bath water temperature with your wrist to make sure it’s not too hot.
- Do not drink hot liquids or smoke cigarettes while holding your baby. Keep your home and car smokefree.
- Be sure your baby is gaining weight.
- Keep small and sharp objects and plastic bags out of reach.
- Delay giving solid foods until your baby is 4–6 months old. Do not put cereal in her bottle.
- Do not put your baby to bed with a bottle or prop it in her mouth.
- Try to console your baby when she cries; crying may peak at 6 weeks of age.
- Wash your hands frequently, especially after diaper changes and before feeding the baby.
- Have your postpartum checkup; discuss family planning with your partner and the health professional.
- Think about child care arrangements and how they will meet your baby’s and your family’s needs.

HOW TO PREPARE FOR THE NEXT VISIT

- Share what you’ve learned at today’s visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your baby’s eating and sleeping behaviors.
- Complete and bring in any questionnaires or forms given to you by the health professional.
- Talk with family members and your baby’s other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your baby will have a physical examination.
- Your baby’s hearing may be checked if not tested earlier.
- Your baby may receive one or more immunizations.

NOTES:
2 Month Visit

Name ________________________________________________________
Age _______________ Weight _________ Length __________

At Today’s Visit

- You and your health professional will have an opportunity to talk about your baby’s growth and development.
- Your health professional will ask for an update on your baby’s health.
- Your baby will have a physical examination.
- Your baby’s hearing may be checked if not tested earlier.
- Your baby may receive one or more immunizations: hepatitis; DTaP; Hib; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- Your baby’s sleeping habits and schedule.
- Observations about your baby’s vision and hearing.
- Making time to go out without your baby.
- Spending time with other parents and babies.
- Changes in your family since your last visit.
- Questions or concerns about breastfeeding or bottlefeeding.
- How your other children have adjusted to the baby.
- Some things your baby can do now that he couldn’t do at the last visit.
- Any other topics you may want to discuss.

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Notes:

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

- Put your baby to sleep on his back or side (back is preferred); avoid the use of soft bedding.
- Keep small and sharp objects and plastic bags out of reach.
- Delay giving solid foods until 4–6 months old. Do not put cereal in your baby’s bottle.
- Do not put your baby to bed with a bottle or prop it in his mouth.
- Wash your hands often, especially after diapering and before feeding your baby.
- Learn your baby’s temperament. Hold, cuddle, and rock your baby; talk and sing to him.
- Always keep one hand on your baby and do not leave him alone in the bathtub or on high places.
- Consider attending parent support groups or parenting classes.
- Take time for yourself and time with your partner.

HOW TO PREPARE FOR THE NEXT VISIT

- Take some time to think about ways to make your next visit with the doctor even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your baby’s eating and sleeping behaviors.
- Bring in the Individualized Family Service Plan if your baby has special needs.
- Update your baby’s health and immunization records.
- Be prepared to discuss your baby’s possible exposure to lead, tuberculosis, violence, or other hazards.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your baby will have a physical examination.
- Your baby may receive one or more immunizations.
4 Month Visit

Name ____________________________________________
Age __________ Weight _______ Length _______

**AT TODAY’S VISIT**
- You and your health professional will have an opportunity to talk about your baby’s growth and development.
- Your health professional will ask for an update on your baby’s health.
- Your baby will have a physical examination.
- Your baby’s hearing may be checked if not tested earlier.
- Your baby may receive one or more immunizations: hepatitis; DTaP; Hib; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.

**THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT**
- How your family is getting along.
- Getting the help you need with the baby.
- How to tell what your baby wants and needs.
- Your baby’s sleeping habits.
- Plans to return to work or school, and child care arrangements.
- Finding time for you and your partner to go out without your baby; choosing responsible babysitters.
- Changes in your family since your last visit.
- Some things your baby can do now that she couldn’t do at the last visit.
- Any other topics you may want to discuss.

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**NOTES:**
4 Month Visit

Name ________________________________________________________

Bright Futures

**THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT**

- Childproof your home. Keep medicines, cleaning aids, small or sharp objects, plastic bags, balloons, sockets, cords, and guns out of your baby’s reach.
- Keep the number of your local poison control center handy. Obtain a bottle of ipecac syrup but use it only at the direction of the poison control center or your health professional.
- Do not use baby walkers.
- Always keep one hand on your baby and do not leave her alone in the bathtub or on high places.
- Introduce solid foods gradually (one per week). Start with iron-fortified baby cereal, then pureed foods (fruits or vegetables, then meats).
- Do not put your baby to bed with a bottle or prop it in her mouth.
- Establish a bedtime routine, and put your baby to bed while she’s awake.
- Encourage your partner and other children to help out with the baby.

**HOW TO PREPARE FOR THE NEXT VISIT**

- Share what you’ve learned at today’s visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Be prepared to share information about your baby’s possible allergies to food or medication.
- Talk with family members and your baby’s other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

**WHAT TO EXPECT AT THE NEXT VISIT**

- Your baby will have a physical examination.
- Your baby may receive one or more immunizations.

**NOTES:**
6 Month Visit

Date: ____________________________

Name ________________________________________________________
Age _____________________ Weight ___________ Length __________

AT TODAY’S VISIT

◆ You and your health professional will have an opportunity to talk about your baby’s growth and development.
◆ Your health professional will ask for an update on your baby’s health.
◆ Your baby will have a physical examination.
◆ Your baby may receive one or more immunizations: hepatitis; DTaP; Hib; polio. Ask your health professional about them.
◆ You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT

◆ Your baby’s daily activities.
◆ Questions about breastfeeding or bottlefeeding.
◆ Foods your baby is eating and any reactions to them.
◆ Concerns about your baby’s hearing or vision.
◆ Balancing the roles of partner and parent.
◆ Child care arrangements.
◆ Some things your baby can do now that he couldn’t do at the last visit.
◆ Any other topics you may want to discuss.

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NOTES:
THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT

- If you are using an infant-only safety seat, switch to a rear-facing convertible safety seat when your baby weighs 20 to 30 pounds.
- Childproof your home. Keep small and sharp objects, plastic bags, hot liquids, poisons, medications, outlets, cords, and guns out of reach.
- Always keep one hand on your baby and do not leave him alone in the bathtub or on high places.
- Do not give your baby foods that could cause choking, such as peanuts, popcorn, hot dogs, carrot or celery sticks, whole grapes, raisins, whole beans, hard candy, or large bites of food.
- Do not use a baby walker.
- Ask your dentist about infant fluoride supplements.
- Provide opportunities for safe exploration and play games with your baby (pat-a-cake, peekaboo).
- Keep your baby’s environment smokefree.

HOW TO PREPARE FOR THE NEXT VISIT

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your baby’s eating and sleeping behaviors.
- Think about your own well-being and be prepared to discuss any concerns.
- Be prepared to provide information about changes in your family (births, deaths, marriages, divorces, losses of income, moves).
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your baby will have a physical examination.
- You may be asked about your baby’s possible exposure to lead, and your baby may be tested for lead.
- Your baby may have a blood test.
- Your baby may receive one or more immunizations.

NOTES:
Name ________________________________________________________
Age _____________________ Weight ___________ Length __________

AT TODAY’S VISIT

- You and your health professional will have an opportunity to talk about your baby’s growth and development.
- Your health professional will ask for an update on your baby’s health.
- Your baby will have a physical examination.
- You may be asked about your baby’s possible exposure to lead, and your baby may be tested for lead.
- Your baby may have a blood test.
- Your baby may receive one or more immunizations: hepatitis; polio. Ask your health professional about them.
- You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT

- Your baby’s eating and sleeping habits.
- Childproofing your home and checking for hazards.
- Your baby’s increasing independence.
- Keeping up with your baby.
- Finding time for yourself.
- Changes in your family since your last visit.
- Some things your baby can do now that she couldn’t do at the last visit.
- Any other topics you may want to discuss.

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NOTES:
THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT

- If you are using an infant-only safety seat, switch to a rear-facing convertible safety seat when your baby weighs 20 to 30 pounds.
- Do not use a baby walker.
- Do not give your baby foods that could cause choking, such as peanuts, popcom, hot dogs, carrot or celery sticks, whole grapes, raisins, whole beans, hard candy, tough meat or large bites of food.
- Supervise your baby while she is eating.
- Brush your baby’s teeth with a soft toothbrush and water only.
- Talk, read, and sing to your baby.
- Play games with your baby (pat-a-cake, peekaboo); provide safe toys.
- Encourage your partner and your other children help out with the baby.
- Join play groups and parent support groups.

HOW TO PREPARE FOR THE NEXT VISIT

- Share what you’ve learned at today’s visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Prepare and bring in questions about your baby’s development (eating, temperament, activity level, thumb sucking or use of pacifier).
- Be prepared to discuss any reactions or side effects your baby has had as a result of immunizations.
- Talk with family members and the baby’s other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your baby will have a physical examination.
- Your baby may be tested for tuberculosis.
- You may be asked about your baby’s possible exposure to lead, and your baby may be tested for lead.
- Your baby may have a blood test.
- Your baby may receive one or more immunizations.

NOTES:
1 Year Visit

Name ________________________________________________________

Age _____________________ Weight ___________ Length __________

AT TODAY’S VISIT

○ You and your health professional will have an opportunity to talk about your toddler’s growth and development.

○ Your health professional will ask for an update on your toddler’s health.

○ Your toddler will have a physical examination.

○ Your toddler may be tested for tuberculosis.

○ Your toddler may be tested for lead.

○ Your toddler may have a blood test.

○ Your toddler may receive one or more immunizations: hepatitis; Hib; polio; MMR; chicken pox. Ask your health professional about them.

○ You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT

○ Involvement of other family members in the toddler’s care.

○ What you and your partner think about discipline.

○ Your toddler’s sleeping, eating, and playing patterns.

○ Childproofing your home and checking for hazards.

○ Changes in your family since your last visit.

○ Some things your toddler can do now that she couldn’t do at the last visit.

○ Any other topics you may want to discuss.

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NOTES:

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

- Switch to a forward-facing safety seat if your toddler weighs at least 20 pounds and install it in the back seat following the vehicle owner’s manual and manufacturer’s instructions.
- Never place your toddler’s safety seat in the front seat of a vehicle with a passenger seat air bag.
- Supervise your toddler constantly near water. Empty tubs, buckets, pools.
- Watch her closely, especially near dogs, lawnmowers, driveways, and streets.
- Use safety gates, cabinet locks, and window guards.
- Lower the crib mattress.
- Limit time spent in the sun and use sunscreen (SPF 15 or higher).
- Give your toddler healthy foods and pasteurized whole milk.
- Allow your toddler to experiment with food but do not force her to eat.
- Make an appointment for your toddler to see the dentist.
- Keep a regular bedtime routine and expect your toddler to sleep through the night.
- Choose caregivers carefully and limit the number of people providing care.

HOW TO PREPARE FOR THE NEXT VISIT

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your toddler’s eating, sleeping, and social behaviors.
- Write down questions and concerns about dental care and chronic health problems.
- Make a list of activities and games you enjoy with your toddler to share with the health professional.
- Talk with your toddler about the visit with the health professional, including the physical exam, immunizations, and other procedures.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your toddler will have a physical examination.
- Your toddler may have may have a blood test and a test for tuberculosis.
- Your toddler may receive one or more immunizations.
15 Month Visit

Date:

Name ________________________________________________________
Age _____________________ Weight ___________ Length __________

AT TODAY’S VISIT
• You and your health professional will have an opportunity to talk about your toddler’s growth and development.
• Your health professional will ask for an update on your toddler’s health.
• Your toddler will have a physical examination.
• Your toddler may have a blood test and a test for tuberculosis.
• Your toddler may receive one or more immunizations: hepatitis; DTaP; Hib; polio; MMR; chicken pox. Ask your health professional about them.
• You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT
• Progress in weaning from bottle to cup.
• Child care arrangements.
• Time for yourself.
• Your toddler’s temperament.
• Setting limits and managing behavior.
• Changes in your family since your last visit.
• Some things your toddler likes to do.
• Any other topics you may want to discuss.

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NOTES:

Working Together to Keep Your Child Healthy and Happy
15 Month Visit

Name ________________________________________________________

Bright Futures

THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT

- Lower your toddler’s crib mattress.
- Look for hazards at your toddler’s level (stairs, cords, cabinets, windows).
- Eat healthy meals together as a family.
- Wash your hands and your toddler’s frequently, especially after diapering and before meals.
- Discourage hitting, biting, or aggressive behavior.
- Avoid putting your toddler to bed with a bottle, encourage use of a cup.
- Give your toddler individual attention.
- Create opportunities for safe exploration and physical activity.
- Read and sing to your toddler

- Talk to your toddler about what you are seeing and doing together.
- Help your toddler express joy, anger, sadness, fear.

HOW TO PREPARE FOR THE NEXT VISIT

- Share what you’ve learned at today’s visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your toddler’s eating, sleeping, and social behaviors.
- Update your toddler’s health and immunization records.
- Observe your toddler’s progress in developing language and physical skills.
- Talk with family members and the toddler’s other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your toddler will have a physical examination.
- Your toddler may have may have a blood test and a test for tuberculosis.
- Your toddler may receive one or more immunizations.

NOTES:
18 Month Visit

Name ________________________________________________________
Age _____________________ Weight ___________ Length __________

At Today’s Visit
● You and your health professional will have an opportunity to talk about your toddler’s growth and development.
● Your health professional will ask for an update on your toddler’s health.
● Your toddler will have a physical examination.
● Your toddler may have a blood test and a test for tuberculosis.
● Your toddler may receive one or more immunizations: hepatitis; DTaP; polio; chicken pox. Ask your health professional about them.
● You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit
● Your toddler’s playmates (neighborhood, playgroup, child care).
● Some of your toddler’s favorite activities.
● Your toddler’s progress in walking and talking.
● How to deal with anger or frustration (yours and your toddler’s).
● Your toddler’s behavior.
● Household rules and discipline.
● Changes in your family since your last visit.
● Some things your toddler can do now that he couldn’t do at the last visit.
● Any other topics you may want to discuss.

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Notes:

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

- Allow your toddler to experiment with food, eat with his hands and with utensils, and drink from a cup.
- Brush your toddler’s teeth with a soft toothbrush and water only.
- Praise your toddler for good behavior and accomplishments.
- Keep “time out” and other discipline brief; reassure your toddler once negative behavior has stopped.
- Do things together as a family, but keep family outings short and simple.
- Look around your home to be sure that it is childproofed.
- Talk to your health professional about how to handle falls, cuts, bites, bleeding, and broken bones.
- Let older children have toys and objects that they don't have to share.
- Think about your child care arrangements and how they meet your family’s needs.

HOW TO PREPARE FOR THE NEXT VISIT

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your toddler’s eating, sleeping, and social behaviors.
- Be prepared to discuss discipline issues such as temper tantrums and setting limits.
- Bring in questions about toilet training.
- Bring in questions or concerns about chronic health problems such as ear infections or frequent colds.
- Talk to your toddler about the next visit with the health professional, including the physical exam, immunizations, and other procedures.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your toddler will have a physical examination.
- You will be asked about your toddler’s possible exposure to lead and your family’s history of heart disease.
- Your toddler may have a blood test and a test for tuberculosis.
- Your toddler may receive one or more immunizations, if needed.

NOTES:
2 Year Visit

Name ________________________________________________________
Age _____________________ Weight ___________ Height___________

AT TODAY’S VISIT

○ You and your health professional will have an opportunity to talk about your child’s growth and development.
○ Your health professional will ask for an update on your child’s health.
○ Your child will have a physical examination.
○ 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 blood test and a test for tuberculosis.
○ Your child may receive one or more immunizations, if needed.
○ You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT

○ Questions or concerns about toilet training.
○ Your child’s eating and sleeping habits.
○ How your child communicates.
○ Issues about discipline, setting limits.
○ Dealing with temper tantrums.
○ Changes in your family since your last visit.
○ Some things your child enjoys doing.
○ Any other topics you may want to discuss.
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NOTES:

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

- Continue to place your child in a safety seat in the back seat each time she rides in the car.
- The back seat is the safest place for children of all ages to ride.
- Supervise your child closely, especially around water, pets, streets, driveways, or lawnmowers.
- Give your child healthy foods, and allow experimentation, but do not force her to eat.
- Keep the number of your local poison control center handy. Obtain a bottle of ipecac syrup and use it only at the direction of the poison control center or your health professional.
- Expect normal curiosity about body parts and use correct terms.
- Begin toilet training when your child is ready.
- Take time to play with your child. Focus on activities she is interested in and enjoys.
- Become informed about community programs such as preschool and early intervention programs.

**HOW TO PREPARE FOR THE NEXT VISIT**

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Be prepared to give updates on your child’s eating habits and possible food allergies.
- Prepare questions about possible chronic health problems or developmental concerns.
- Talk with family members and your child’s other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

- Fill out and bring in preschool health forms for the health professional to complete.
- Share ideas with the health professional about community resources that you have found useful.

**WHAT TO EXPECT AT THE NEXT VISIT**

- Your child will have a physical examination.
- Your child’s vision and blood pressure will be checked.
- You will be asked about your family’s history of heart disease.
- Your child may have a blood test and a test for tuberculosis.
- Your child may receive one or more immunizations, if needed.
Name ________________________________________________________
Age _____________________ Weight___________ Height___________

**3 Year Visit**

**Date:**

**Bright Futures**

**At Today’s Visit**

- You and your health professional will have an opportunity to talk about your child’s growth and development.
- Your health professional will ask for an update on your child’s health.
- Your child will have a physical examination.
- Your child’s vision and blood pressure will be checked.
- You will be asked about your family’s history of heart disease.
- Your child may have a blood test and a test for tuberculosis.
- Your child may receive one or more immunizations, if needed.
- You will have an opportunity to ask questions.

**Things You May Want to Discuss During This Visit**

- Questions or concerns about toilet training.
- Your child’s ability to feed and dress himself.
- New words and phrases your child has recently learned.
- Arrangements for child care, preschool, or early intervention programs.
- Your child’s ability to understand and follow some specific rules.
- 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.

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**Notes:**

*Working Together to Keep Your Child Healthy and Happy*
Things to Keep in Mind Between Now and the Next Visit

- Help your child wash his hands after toileting and before eating.
- Keep hazards out of your child’s reach (medicines, hot liquids, matches, poisons, guns, cords).
- Know where your child is at all times. Teach him not to talk to strangers.
- Do not expect young siblings to supervise your child.
- Teach your child to brush his teeth with a pea-size amount of fluoridated toothpaste.
- Provide healthy meals and snacks. Serve low-fat dairy products.
- Expect normal curiosity about body parts and use correct terms.
- Praise your child, and encourage him to talk with you.
- Spend individual time with your child. Read together.
- Limit television and video viewing to less than 1 hour a day. Watch together and talk about them with your child.
- Be sure that playgrounds are safe and carefully maintained.
- Help siblings learn how to resolve problems and handle their anger.

HOW TO PREPARE FOR THE NEXT VISIT

- Share what you’ve learned at today’s visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Update your child’s health and immunization records.
- Bring in reports from preschool, child care, or early intervention programs.
- Talk with your child about the next visit with the health professional, including the physical exam, immunizations, and other procedures.
- Talk with family members and your child’s other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your child will have a physical examination.
- Your child’s vision, hearing, and blood pressure will be checked.
- Your child may have a blood test and a test for tuberculosis.
- Your child may receive one or more immunizations.
4 Year Visit

Name ________________________________________________________
Age _____________________ Weight____________Height___________

**At Today’s Visit**
- You and your health professional will have an opportunity to talk about your child’s growth and development.
- Your health professional 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.
- Your child may have a blood test and a test for tuberculosis.
- Your child may receive one or more immunizations: DaTP; polio; MMR. Ask your health professional about them.
- You will have an opportunity to ask questions.

**Things You May Want to Discuss During This Visit**
- Your child’s interest in playing with other children and making friends.
- Your child’s growing sense of independence.
- How things are going at your child’s preschool or child care program.
- Ways to help siblings resolve problems and deal with their anger.
- Changes in your family since your last visit.
- Some things your child enjoys doing.
- Any other topics you may want to discuss.

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**Notes:**
THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT

- Switch to a belt-positioning booster seat if your child weighs more than 40 pounds. Place lap and shoulder belt across your child in the back seat.
- Praise your child for her cooperation and accomplishments.
- Provide opportunities for your child to help with household chores.
- Teach your child how to be safe near water, at playgrounds, and around strangers.
- Discourage finger and thumb sucking, and intervene if necessary.
- Reinforce limits. Remove the source of conflict and use time out.
- Eat meals as a family. Help your child learn about food with stories and songs.
- Expect normal curiosity about body parts and answer questions.
- Listen to your child; show respect and interest in her activities.

HOW TO PREPARE FOR THE NEXT VISIT

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child’s eating, sleeping, and social behaviors.
- Plan a special trip for you and your child to visit her elementary school and meet the kindergarten teachers.
- Fill out and bring in school health forms for the health professional to complete.
- Talk with your child about the next visit with the health professional, including the physical exam, immunizations, and other procedures.
- Talk with family members and your child’s other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- Your child will have a physical examination and she will be asked to provide a urine sample.
- Your child’s vision, hearing, and blood pressure will be checked.
- You will be asked about your family’s history of heart disease.
- Your child may have a blood test and a test for tuberculosis.
- Your child may receive one or more immunizations.
5 Year Visit

Name ________________________________________________________
Age _____________________ Weight____________ Height___________

AT TODAY’S VISIT

• You and your health professional will have an opportunity to talk
  about your child’s growth and development.
• Your health professional 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
  and a urine sample will be requested.
• You will be asked about your family’s history of heart disease.
• Your child may have a blood test and a test for tuberculosis.
• Your child may receive one or more immunizations: DTaP; polio; MMR.
  Ask your health professional 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.

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NOTES:

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

- Talk with your child about how to be safe (near strangers, on the playground, crossing streets, in the school bus or car, riding a bike).
- Continue to use a belt-positioning booster seat. The back seat is the safest place for your child to ride.
- Teach your child emergency phone numbers and home safety rules.
- Limit TV and video viewing to about 1 hour a day. Watch together and discuss them with your child.
- Provide healthy food choices for meals and snacks. Encourage conversation at mealtime.
- Talk with your dentist about dental sealants for your child’s teeth as his permanent molars erupt.
- Teach your child family rules, respect for authority, and right from wrong.
- Read interactively with your child. Play with him and show affection.
- Expect your child to start being curious about sex, and answer his questions using correct terms.
- Prepare your child for school, tour the school together, and meet the teachers.

HOW TO PREPARE FOR THE NEXT VISIT

- Share what you’ve learned at today’s visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child’s eating, sleeping, and social behaviors.
- Fill out and bring in school health forms for the health professional to complete.
- Prepare your child to discuss issues, concerns, and achievements with the health professional. Help your child learn about the health visit process.
- Share ideas with the health professional about community resources that you have found useful.
- Keep a list of topics you would like to discuss at your next visit.

WHAT TO EXPECT AT THE NEXT VISIT

- 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 exposure to lead and your family’s history of heart disease.
- Your child may have a blood test and a test for tuberculosis.
- Your child may receive one or more immunizations.
Name ________________________________ Age ___________ Weight _______ Height _______

**At Today’s Visit**
- You and your health professional will have an opportunity to talk about your child’s growth and development.
- Your health professional 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 blood test and a test for tuberculosis.
- Your child may receive one or more immunizations: DTaP; polio; MMR. Ask your health professional 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**
- How school is going for you.
- What you like most about school and what you like least.
- Activities and games your child enjoys with his friends.
- Concerns about sleeping or eating.
- Changes in your family since your last visit.
- Something your child has done that you are especially proud of.
- Any other topics you may want to discuss.

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**Notes:**

Working Together to Keep Your Child Healthy and Happy
6 Year Visit (Also Appropriate for 7 Year Visit)  

Name ________________________________________________________  

**Bright Futures**

## Things to Keep in Mind Between Now and the Next Visit

- Be sure your child gets enough sleep.
- Limit TV and videos viewing to about 1 hour a day. Watch together and discuss them with your child.
- Keep matches, poisons, guns, and other hazards locked up and out of reach.
- Teach your child how to choose healthy foods, including fruits and vegetables. Share meals together regularly.
- Encourage self-discipline and impulse control.
- Be prepared to answer questions about sex at your child’s level of understanding.
- Listen as your child begins to read out loud. Read together with her.
- Assign household chores, including responsibility for her personal belongings.
- Provide personal space (even if it is limited) for your child at home.
- Look into programs for your child (school, before- and after-school, recreational, or other activities).

## How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child’s eating, sleeping, and social behaviors.
- Prepare your child to discuss issues, concerns, and achievements with the health professional. Help your child learn about the health visit process.
- Keep a list of topics you and your child would like to discuss at your next visit.
- Bring in a schedule of your child’s extracurricular activities.
- Share ideas with the health professional about community resources that you have found useful.

## What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child’s vision, hearing, and blood pressure will be checked.
- You will be asked about your family’s history of heart disease.
- Your child may have a blood test and a test for tuberculosis.
- Your child may receive one or more immunizations.
8 Year Visit (Also Appropriate for 7 & 9 Year Visits)  

Name ________________________________________________________  
Age ______________ Weight __________ Height __________  

AT TODAY’S VISIT  
• You and your health professional will have an opportunity to talk about your child’s growth and development.  
• Your health professional 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 family’s history of heart disease.  
• Your child may have a blood test and a test for tuberculosis.  
• Your child may receive one or more immunizations, if needed.  
• You and your child will have an opportunity to ask questions.  

THINGS YOU AND YOUR CHILD MAY WANT TO DISCUSS DURING THIS VISIT  
★ How school is going; activities or sports you are involved in.  
★ Something that you are really good at and like to do.  
★ What you and your friends do for fun.  

• How your child deals with anger or frustration.  
• Rules at home about food, movies, toys, language, and makeup.  
• Concerns about your child’s school work or behavior.  
• Changes in your family since your last visit.  
• Something your child has done that you are especially proud of.  
• Any other topics you or your child may want to discuss.  

______________________________________________ _____________________________________________  
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NOTES:  

Working Together to Keep Your Child Healthy and Happy
8 Year Visit (Also Appropriate for 7 & 9 Year Visits)

Name ________________________________________________________

**Things to Keep in Mind Between Now and the Next Visit**

- Be sure your child’s lap safety belt fits low and snugly across his thighs and the shoulder belt rests across the center of her chest.
- Talk to your child about avoiding drugs, alcohol, and tobacco.
- Make sure your child understands water, bike, neighborhood, and sports safety.
- Learn how to prevent dental injuries and how to handle dental emergencies.
- Encourage your child to read and develop hobbies.
- Get to know your child’s friends and their families.
- Encourage positive interactions between your child and his teachers and other adults.
- Make sure your child has a healthy, safe, and supervised after-school environment.

**How to Prepare for the Next Visit**

- Share what you’ve learned at today’s visit with other family members and caregivers.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Update your child’s health and immunization records.
- Prepare your child to discuss issues, concerns, and achievements with the health professional. Help your child learn about the health visit process.
- Keep a list of topics you and your child would like to discuss at your next visit.
- Bring in report cards and results of parent-teacher conferences.
- Share ideas with the health professional about community resources that you have found useful.

**What to Expect at the Next Visit**

- Your child will have a physical examination.
- Your child’s vision, hearing, and blood pressure will be checked.
- You will be asked about your family’s history of heart disease.
- Your child may have a blood test and a test for tuberculosis.
- Your child may receive one or more immunizations.

**Notes:**
Name ________________________________________________________
Age _____________________ Weight____________ Height___________

AT TODAY’S VISIT
● You and your health professional will have an opportunity to talk about your child’s growth and development.
● Your health professional 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 family’s history of heart disease.
● Your child may have a blood test and a test for tuberculosis.
● Your child may receive one or more immunizations, if needed.
● You and your child will have an opportunity to ask questions.

THINGS YOU AND YOUR CHILD MAY WANT TO DISCUSS DURING THIS VISIT
★ How to handle pressure from your friends to do things you don’t want to do.
★ Your favorite foods, making your own meals.
★ Questions about sex.
★ Any other topics you may want to discuss.

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● Concerns about your child’s reading or math skills.
● Your participation in activities at your child’s school.
● Your child’s interests and talents.
● Changes in your family since your last visit.
● Something your child has done that you are especially proud of.
● Any other topics you may want to discuss.

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NOTES:

Working Together to Keep Your Child Healthy and Happy
Name ________________________________________________________

**THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT**

- Encourage regular physical activity. Be sure your child gets enough sleep.
- Supervise your child’s personal care and hygiene. Reinforce the importance of handwashing.
- Talk to your child about avoiding alcohol, tobacco, and drugs.
- Make sure your child always wears a bike helmet and knows how to be safe when riding his bike.
- Model and encourage good eating choices and habits. Help him to choose nutritious snacks.
- Be sure your child brushes his teeth twice a day and flosses.
- Prepare your child for puberty and talk about sexual development (periods, wet dreams).
- Help your child pursue talents and interests. Praise him for his efforts and accomplishments.
- Provide a well-lighted, quiet space for homework and remove distractions such as television.
- Set reasonable but challenging expectations. Encourage a sense of social responsibility.
- Participate in different cultural activities, and teach your child about his own culture.

**HOW TO PREPARE FOR THE NEXT VISIT**

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child’s eating, sleeping, and social behaviors.
- Note any changes in your family, such as deaths, marriages, divorces, or moves.
- Make observations about your child’s increasing independence and new challenges.
- Prepare your child to discuss issues, concerns, and achievements with the health professional. Help your child learn about the health visit process.
- Keep a list of topics you and your child would like to discuss at your next visit.

**WHAT TO EXPECT AT THE NEXT VISIT**

- Your child will have a physical examination and his blood pressure will be checked.
- You will be asked about your family’s history of heart disease.
- Your child may have his vision, hearing, and blood pressure checked.
- Your child may be asked to provide a urine sample.
- Your child may have a blood test or a test for tuberculosis.
- Your child may receive one or more immunizations.
Name ________________________________________________________

Age _____________________ Weight____________ Height___________

**AT TODAY’S VISIT**
- You and your health professional will have an opportunity to talk about your adolescent’s growth and development.
- Your health professional will ask for an update on your adolescent’s health.
- Your adolescent will have a physical examination.
- You will be asked about your family’s history of heart disease and her blood pressure will be checked.
- Your adolescent’s vision and hearing may be checked. She may be asked to provide a urine sample.
- Your adolescent may have a blood test or a test for tuberculosis.
- If sexually active, your adolescent will be checked for sexually transmitted diseases (STDs).
- Your adolescent may receive one or immunizations, if needed. Ask your health professional about them.
- You and your adolescent will have an opportunity to ask questions.

**THINGS THE ADOLESCENT MAY WANT TO DISCUSS DURING THIS VISIT**
- Understanding how your body is developing and changing.
- How to handle pressure from your friends to do things you don’t want to do.
- Sports or activities at school that you like.
- Getting along with your parents and brothers and sisters.
- Dating and social activities.
- Any other topics you may want to discuss.

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**THINGS THE PARENT MAY WANT TO DISCUSS DURING THIS VISIT**
- How your adolescent is doing in school, and what she does after school.
- Issues about discipline, sex, drugs, alcohol, or tobacco use.
- Changes in your family since your last visit.
- Something your adolescent has done that you are especially proud of.
- Any other topics you may want to discuss.

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**THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT**

- Try to get 8 hours of sleep each night. Engage in moderately strenuous to vigorous physical activity for 30 to 60 minutes at least three times a week.
- Check with your health professional before increasing physical activity; ask about weight training, fluids, and gaining or losing weight.
- Use seatbelts, helmets, mouthguards, and protective sports gear.
- Talk with someone if you are stressed, nervous, angry, or sad, or if things are not going well.
- Eat three meals a day. Choose healthy snacks and limit sugar and high-fat foods.
- Brush and floss your teeth twice daily. Visit the dentist regularly.
- Sexual feelings are normal, but wait to have sex until you are older. Learn how to say no to sex.
- Do not smoke, use smokeless tobacco, drink alcohol, or use drugs, inhalants, or diet pills. Avoid situations where drugs and alcohol are available and learn ways to resist peer pressure to use them.
- Do not carry or use a weapon of any kind.
- Spend time with your family doing something you all enjoy.
- Participate in school, cultural, religious, and volunteer activities.

**HOW TO PREPARE FOR THE NEXT VISIT**

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Be prepared to discuss your adolescent’s eating habits, social behaviors, and school achievements.
- Bring in health forms (camp, sports participation) for the health professional to fill out.
- Talk with your adolescent about the next visit with the health professional, including the general physical exam, the gynecological exam, immunizations, and other procedures.
- Keep a list of topics you and your adolescent would like to discuss at your next visit.
- Share ideas with the health professional about community resources that you have found useful.

**WHAT TO EXPECT AT THE NEXT VISIT**

- Your adolescent will have a physical examination and her blood pressure will be checked.
- You will be asked about your family’s history of heart disease.
- Your adolescent’s vision and hearing may be checked. She may have a blood test and/or a test for tuberculosis.
- Your adolescent may receive one or more immunizations.
- If your child is 14 years old, you may want to ask for the middle adolescent handout to see what to expect at the next visit.
Name ________________________________________________________
Age _______________  Weight___________  Height___________

AT TODAY’S VISIT
★ Your health professional will ask for an update on your health.
★ You will have a physical examination.
★ You will be asked about your family’s history of heart disease and your blood pressure will be checked.
★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
★ Your vision and hearing may be checked. You may be asked to provide a urine sample.
★ You may have a blood test and/or a test for tuberculosis.
★ If you are sexually active, you will be checked for sexually transmitted diseases (STDs).
   If female, you may have a pelvic exam.
★ You may receive one or more immunizations, if needed. Ask your health professional about them.
★ You will have an opportunity to ask questions.

THINGS THE ADOLESCENT MAY WANT TO DISCUSS DURING THIS VISIT
★ Dating, your friends, and the things you do for fun.
★ Dealing with anger, sadness, depression, or stress.
★ How you feel about your weight and the way you look.
★ Concerns about tobacco, alcohol, and drugs.
★ Changes in your family since your last visit.
★ Any other topics you may want to discuss.

THINGS THE PARENT MAY WANT TO DISCUSS DURING THIS VISIT
★ Family rules and your adolescent’s responsibilities.
★ Something your adolescent has done that you are especially proud of.
★ Any other topics you may want to discuss.

Working Together to Keep You Healthy and Happy
Middle Adolescence Visits (15, 16, 17 Years)

THINGS TO KEEP IN MIND BETWEEN NOW AND THE NEXT VISIT

★ Limit the number of hours you spend watching TV or videos; playing computer games.
★ Limit the time spent in the sun, use sunscreen (SPF or higher), and avoid tanning salons.
★ Follow speed limits, drive responsibly, concentrate, avoid distractions, and do not drink and drive.
★ Learn how to protect yourself from physical, emotional, or sexual abuse.
★ Learn how to deal with anger and develop skills in conflict resolution and negotiation.
★ Trust your own feelings and listen to the ideas of good friends and valued adults.
★ Eat three nutritious meals a day, choose healthy snacks, and limit sugar/high-fat foods.
★ Visit your dentist and learn what to do in a dental emergency.
★ Educate yourself about sexuality, contraception, STDs, abstinence, and safer sex.
★ Respect your parents’ limits and rules. Respect the rights and needs of others.
★ Discuss frustrations about school or thoughts of dropping out with a trusted adult.
★ Identify your talents and interests and make plans for a career or education.

HOW TO PREPARE FOR THE NEXT VISIT

★ Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
★ Update your health and immunization records.
★ Bring in sports-participation health forms for completion.
★ Be prepared to talk about any problems you may have at school or at home.
★ Keep a list of topics you would like to discuss at your next visit.
★ Share ideas with the health professional about community resources that you have found useful.

WHAT TO EXPECT AT THE NEXT VISIT

★ You will have a physical examination and your blood pressure will be checked.
★ You will be asked about your family’s history of heart disease.
★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
★ Your vision and hearing may be checked.
★ You may have a blood test and/or a test for tuberculosis.
★ You may receive one or more immunizations.
★ If you are sexually active, you may be checked for STDs. If female, you may have a pelvic exam.
★ If you are 17 years old, you may want to ask for the late adolescent handout to see what to expect at the next visit.
Late Adolescence Visits (18, 19, 20, 21 Years)

Name ________________________________________________________
Age _____________________ Weight____________ Height___________

AT TODAY’S VISIT
★ Your health professional will ask for an update on your health.
★ You will have a physical examination.
★ You will be asked about your family’s history of heart disease and your blood pressure will be checked.
★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
★ Your vision and hearing may be checked. You may be asked to provide a urine sample.
★ You may have a blood test and/or a test for tuberculosis.
★ You may receive one or more immunizations, if needed.
★ If you are sexually active, you will be checked for sexually transmitted diseases (STDs).
   If female, you may have a pelvic exam.
★ You will have an opportunity to ask questions.

THINGS YOU MAY WANT TO DISCUSS DURING THIS VISIT
★ Changes in your family or living situation since your last visit.
★ Issues about your size, shape, and weight.
   How much you engage in physical activities.
★ Your plans for the future: school, college, work.
★ Living on your own, being more independent.
★ Issues about violence, guns, drugs, and alcohol.
★ Relationships, sex, and contraception.
★ Any other topics you may want to discuss.
______________________________________________
______________________________________________
______________________________________________
______________________________________________

NOTES:

Working Together to Keep You Healthy and Happy
Late Adolescence Visits (18, 19, 20, 21 Years)  

Name ________________________________________________________

**Things to Keep in Mind Between Now and the Next Visit**

- Engage in moderately strenuous to vigorous physical activity for 30 to 60 minutes at least three times a week, and learn healthy techniques for athletic conditioning and weight training.
- Always wear a safety belt, follow speed limits, concentrate and avoid distractions when driving.
- Recognize when you are feeling stressed, angry, or sad, and seek help.
- Eat three nutritious meals a day. Choose healthy snacks and limit sugar/high-fat foods.
- Visit the dentist regularly and learn what to do in a dental emergency.
- Talk with your health professional and educate yourself about sexual orientation, sexuality, abstinence, contraception, safer sex, and STDs.
- Avoid smoking, smokeless tobacco, alcohol, drugs, diet pills, and steroids.
- Do not carry or use a weapon of any kind.
- Maintain good relationships with your family, peers, and siblings, and develop other social support systems.
- Review job safety rules and follow safety procedures.
- Learn how to be a health care consumer and use the health care system.
- Identify your talents, skills, and interests and make plans for a career or education.

**How to Prepare for the Next Visit**

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Update your health and immunization records.
- Be prepared to discuss any changes in your family, home, or living situation.
- Prepare and bring in questions about substance abuse, sexuality, and mental and physical health.
- Keep a list of topics you would like to discuss at your next visit.
- Share ideas with the health professional about community resources that you have found useful.

**What to Expect at the Next Visit**

- You will have a physical examination.
- You will be asked about your family’s history of heart disease and your blood pressure will be checked.
- You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- Your vision and hearing may be checked.
- You may have a blood test and/or a test for tuberculosis.
- If you are sexually active, you may be checked for STDs. If female, you may have a pelvic exam.
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.