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

The Bright Futures encounter forms for families can be used
- By parents, children, adolescents, other family members, and caregivers.
- To provide families and professionals with a shared framework that fosters partnership in health promotion and health supervision.
- To engage health professionals in discussion, share information, ask questions, and raise issues and concerns.
- To inform and prepare families for what will happen during the current visit and the next health supervision visit.
- To bring home specific age-appropriate health promotion messages and tasks to accomplish.
- To help families become more active participants in the health supervision process.

**At Today's Visit**
- What to expect for the physical exam, screenings, and immunizations.

**Things You May Want to Discuss During This Visit**
- Developmentally appropriate.
- Square symbols for the parent. 
- Star symbols for the child.
- Space to note other topics.

These points correspond to the “Questions for Parent” and “Questions for Child” on the encounter forms for professionals.

**How to Use the Encounter Forms for Families**

These Bright Futures encounter forms are available on the Bright Futures Web site at www.brightfutures.org.
**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 encounter forms for professionals.

**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.