



HOW TO USE THE ENCOUNTER FORMS FOR FAMILIES

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.

Share information about the child's weight and height for the parent's records.

At Today's Visit

- What to expect for the physical exam, screenings, and immunizations.

5 YEAR VISIT Date: _____

Name _____
 Age _____ Weight _____ Height _____ **Bright Futures**

■ = For the parent ★ = For the child

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 and will be asked to give a urine sample.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child will receive one or more immunizations: D/TaP, polio, MMR. Ask your health professional about them.
- You and your child will have an opportunity to ask questions.

Things You 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

Space has been left for practice-specific information.

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.




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Family graphic indicates that the form is for use by the parent/caregiver and child.

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.



5 YEAR VISIT

Name _____
Bright Futures

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 programs 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 together 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


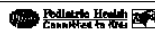
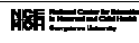
- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child's eating, sleeping, and social behaviors.
- Fill out and bring in school health forms for the health professional to complete.
- Encourage your child to think about things he may want to talk about 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.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.

Notes:



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.