



Questions for the Parent(s)

- Tell me about Nora's experience with preschool or child care.
- What do you think about her readiness to start school?
- How are you feeling about Nora's starting school?
- What are Darryl's eating and sleeping habits?
- Is there anything you would like to discuss or have checked before Darryl goes to school?
- What have you done to prepare him for crossing the street on the way to school or for taking a school bus?
- Will you visit the school with him before school starts?
- What are your plans for before- and after-school care?
- Is there a gun in your home? Is it unloaded and locked up? Have you considered removing the gun because of the dangers to children?

Questions for the Child

- What are you looking forward to most about going to school?
- What kinds of things do you like to do with friends?
- Tell me some of the things you are good at.
- Do you sit on a booster seat and use a safety belt each time you ride in the back seat of the car?
- If you had 3 wishes, what would they be?

Developmental Observation

- What questions or concerns do you have about Robin's development or behavior?
- Does Robin know her address and phone number? Can she print her name? Count with numbers?

Milestones: Dresses self without help; knows address and phone number; can count on fingers; copies triangle or square; draws person with head, body, arms, legs; recognizes many letters and can print some; plays make-believe; may be able to skip.

Observation: Does parent answer questions addressed to child? Is child active in the reception area or examination room? How does parent discipline child? What is child's reaction to the discipline?

Exam and Screening

Exam: Measure and plot height, weight, and BMI-for-age on CDC growth chart. Note teeth, possible neglect/abuse.

Screening: Vision, hearing, blood pressure, urinalysis.

Risk: Assess risk of lead exposure, anemia, hyperlipidemia; screen as needed. Assess tuberculosis risk; give PPD as indicated.

Immunizations: See schedule, pp. 51–53. Describe possible side effects, what to do, when to call.



ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

- Keep home and car smoke-free
- Ensure adequate sleep
- ☀️ Promote physical activity
- ☀️ Limit TV, video, computer time
 - Teach hygiene, handwashing after toileting and before meals

Injury Prevention

- ☀️ Use belt-positioning booster seat, place lap and shoulder belt across child in back seat
 - Never place child in front seat with a passenger air bag
 - Use helmet for biking, skating
- ☀️ Emphasize pedestrian, neighborhood, stranger, playground safety
 - Teach child how to swim; reinforce water safety rules
 - Limit sun; use sunscreen
 - Keep guns unloaded and locked up, or remove from home
 - Teach child emergency phone numbers, home safety rules
 - Provide safe after-school care

Nutrition

- Provide 3 nutritious meals and 2 healthy snacks daily
- Share meals as a family
- Limit high-fat, low-nutrient foods

Oral Health

- Supervise tooth brushing
- Ask about fluoride, dental sealants
- ☀️ Schedule dental appointment
- Learn dental emergency care

Sexuality Education

- Expect curiosity, use correct terms
- Teach with age-appropriate books
- ☀️ Explain that certain body parts are private

Social Competence

- ☀️ Praise child
 - Encourage expression of feelings
- ☀️ Read interactively with child
 - Set limits, establish consequences
 - Teach family rules, respect for authority, and right from wrong

- Teach how to resolve conflicts and handle anger
- Assign chores

Family Relationships

- Listen, show interest in activities
- Show affection, respect
- ☀️ Spend time playing together
- Set reasonable expectations

Community Interaction

- Ask for resources/referrals if needed
- Explore school, recreational, community programs
- Volunteer where adult supervision is needed

School Entry

- ☀️ Meet with teachers, prepare child for school
 - Tour school with child
- ☀️ Become involved with school



Questions for the Parent(s)

- Is Justin happy in school?
- Does he talk to you about what's happening in school?
- Tell me about Justin's eating and sleeping habits.
- Have there been any major changes or stresses in your family since the last visit?
- What do you and Maegan like to do together?
- What does Maegan say about her friends at school?
- Does she use a booster seat in the back seat of the car?
- What are your child care arrangements before and after school?

Questions for the Child

- What do you like the most about school? The least?
- Tell me about your friends. What kinds of things do you like to do together?
- What do you do outside of school (for example, sports, scouts, music lessons)?
- Do you like to read? Have someone read to you? What is your favorite book?
- Do you wear a helmet when you bike or skate?
- Draw me a picture of your family. Tell me a story about them.

Development and School Performance

- What questions or concerns do you have about Jackson's development or behavior?
- When he plays with other children, can he keep up with them?
- Is he able to follow the rules at school?
- How do you praise his achievements?
- Have you visited his classroom?
- What does the teacher say about Jackson's progress?
- Is he having any problems completing school work?

Observation: Does parent answer questions addressed to child? Is child active in the reception area or examination room? How does parent respond?

Exam and Screening

Exam: Measure and plot height, weight, and BMI-for-age on CDC growth chart. Note teeth, possible neglect/abuse.

Screening: Vision, hearing, blood pressure.

Risk: Assess risk of lead exposure, hyperlipidemia; screen as needed. Assess tuberculosis risk; give PPD as indicated.

Immunizations: See schedule, pp. 51–53. Describe possible side effects, what to do, when to call.

ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

- Keep home and car smoke-free
- Ensure adequate sleep
- ☀️ Promote physical activity
- ☀️ Limit TV, computer time
 - Reinforce personal care/hygiene

Injury Prevention

- ☀️ Use belt-positioning booster seat, place lap and shoulder belt across child in back seat
- Never place child in front seat with a passenger air bag
- Review safety rules for biking, skating; ensure helmet use
- Teach child how to swim; reinforce water safety rules
- Limit sun; teach sunscreen use
- Reinforce home safety (matches, poisons, tools)
- ☀️ Keep guns unloaded and locked up, or remove from home
 - Provide safe after-school care
 - Teach stranger safety
 - Keep firm, consistent rules

Nutrition

- Provide 3 nutritious meals and 2 healthy snacks daily
- Eat most meals as a family
- ☀️ Teach healthy food choices
- Limit high-fat, low-nutrient foods

Oral Health

- Supervise tooth brushing
- Discuss fluoride, flossing, sealants
- ☀️ Schedule dental appointment
- Learn dental emergency care

Sexuality Education

- Answer questions
- Use age-appropriate books

Social Competence

- ☀️ Praise child and encourage talking about activities and feelings
- ☀️ Read interactively with child, listen as he reads aloud
 - Give individual attention
 - Plan family activities and outings
 - Set limits, establish consequences

- ☀️ Teach family rules, respect for authority, right from wrong, how to resolve conflicts, handle anger
- Assign chores and provide personal space

Family Relationships

- Listen, show interest in activities
- Show affection, respect
- Play with child
- Set reasonable expectations
- Encourage good sibling relationships
- ☀️ Know child's friends and their families

Community Interaction

- ☀️ Ask for resources/referrals if needed
- Participate in school/community activities
- Advocate for community programs and facilities





Questions for the Parent(s)

- How is Kim doing in school?
- Tell me about Kim's relationships with others (family members, classmates, teachers).
- Do you know Kim's friends and their families? Does she bring friends home? Go to friends' homes?
- Is Kim involved in sports or other physical activities? If so, does she wear protective gear?
- What are the rules at home regarding food, movies, games, and language?
- What does Max do when he is stressed, angry, or frustrated?

Questions for the Child

- How is school going? What do you like best? Least?
- What kinds of school and after-school activities are you involved in?
- What are some things you are good at? Proud of?
- Tell me about your friends. Who is your best friend?
- What kinds of things do you like to do together?
- What do you enjoy learning about the most?
- Do you stay home by yourself, either before or after school? If so, how do you feel when you are alone?
- If you could change your life, school, family, or home, what changes would you make?

Development and School Performance

- What questions or concerns do you have about Claire's development or behavior at home, at school, or when playing with friends?
- Is she reading and doing math at grade level?
- Is she proud of her achievements?
- Does Claire talk about what goes on in school?
- Is she having any problems completing school work?

Observation: Do both parent and child ask questions? Does parent let child speak directly to health professional or does parent interrupt? Is child playful or serious with health professional?

Exam and Screening

Exam: Measure and plot height, weight, and BMI-for-age on CDC growth chart. Note early puberty (females), teeth, possible neglect/abuse.

Screening: Vision, hearing, blood pressure.

Risk: Assess risk of hyperlipidemia; screen as indicated. Assess tuberculosis risk; give PPD as needed.

Immunizations: See schedule, pp. 51–53. Describe possible side effects, what to do, when to call.

ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

- Keep home and car smoke-free
- ☀️ Supervise activities with peers
 - Ensure adequate sleep
 - Encourage physical activity
 - Limit TV, computer time
- ☀️ Counsel about avoiding alcohol, tobacco, drugs, inhalants

Injury Prevention

- ☀️ Ensure use of belt-positioning booster seat until child can sit upright in back seat and bend legs over edge of seat
 - Never place child in front seat with a passenger air bag
- ☀️ Reinforce water, bike, neighborhood, and sports safety
 - Limit sun; ensure sunscreen use
 - Test smoke alarms
- ☀️ Keep guns unloaded and locked up, or remove from home
 - Provide rules for home safety, stranger safety

Nutrition

- Eat most meals as a family
- ☀️ Teach healthy choices, including fruits and vegetables
- Limit high-fat, high-sugar foods

Oral Health

- Ensure brushing, teach flossing
- Ask about fluoride, dental sealants
- Schedule dental appointment
- Learn dental emergency care

Sexuality Education:

- Answer questions
- Use age-appropriate books
- Discuss information given at school

Social Competence

- Praise, encourage talking and expression of feelings
- ☀️ Encourage reading and hobbies
 - Spend time together as family
- ☀️ Set limits, establish consequences

- Assign chores, provide personal space
- Teach family rules and how to resolve conflicts

Family Relationships

- Spend time with each child
- Show interest in school performance and activities
- ☀️ Set reasonable but challenging expectations
- Encourage good sibling relationships
- Handle anger constructively in family; do not allow violence
- Know child's friends and their families

Community Interaction

- Ask for resources/referrals if needed
- Ensure safe after-school care
- ☀️ Participate in school/community activities





Questions for the Parent(s)

- How does Sanjay express his feelings and share his experiences with you?
- What are some of the things you do together as a family?
- How much time does he spend watching TV? On the computer?
- What is his bedtime?
- What have you discussed with Nancy about her changing body?
- What has she learned about menstruation?

Questions for the Child

- How is school going? How are your grades?
- Tell me about your friends. What do you like to do together? What activities are you involved in?
- Do your friends pressure you to do things you don't want to do? What kinds of things?
- How do you get along with your family? With your teachers?
- What education have you had about sex? What are some of the questions I can answer for you?
- What do you like to eat? Are you concerned about your weight? Are you trying to change it?
- What are some things that make you happy? Sad? Angry? Worried? Who do you talk to about them?

Development and School Performance

- What changes have you noticed in Pablo's behavior, relationships, or school performance? Do you have concerns about his development or behavior?
- Has he identified certain interests or talents he would like to develop?
- Is Pablo reading and doing math at grade level?
- Tell me about his grades.
- Where and how does Pablo do his homework?

Observation: Do both parent and child ask questions? Does parent interrupt when child is speaking to health professional? Is child comfortable if health professional speaks with him alone?

Exam and Screening

Exam: Measure and plot height, weight, and BMI-for-age on CDC growth chart. Evaluate Sexual Maturity Rating or Tanner stage. Note teeth, possible neglect/abuse, scoliosis (screen females).

Screening: Vision, hearing, blood pressure.

Risk: Assess hyperlipidemia risk; screen as needed. Assess tuberculosis risk; give PPD as indicated.

Immunizations: See schedule, pp. 51–53. Describe possible side effects, what to do, when to call.



ANTICIPATORY GUIDANCE FOR THE FAMILY

Healthy and Safe Habits

- Keep home and car smoke-free
- Ensure adequate sleep
- Encourage physical activity
- ☀️ Set reasonable standards for TV, music, video, computer time
- ☀️ Counsel about avoiding alcohol, tobacco, drugs, and inhalants

Injury Prevention

- ☀️ Ensure use of lap/shoulder safety belts in back seat of car
 - Reinforce water/biking/skating safety, protective sports gear use
 - Limit sun; ensure sunscreen use
- ☀️ Keep guns unloaded and locked up, or remove from home
 - Anticipate some errors in judgment, increased risk-taking

Nutrition

- ☀️ Eat most meals as a family
 - Teach healthy food choices
 - Limit high-fat, high-sugar, low-nutrient foods and drinks

Oral Health

- Ensure tooth brushing, flossing
- Ask about fluoride, dental sealants
- Schedule dental appointment
- ☀️ Teach dangers of smoking and smokeless tobacco

Sexuality Education

- ☀️ Prepare child for sexual development, menstruation, wet dreams
- Discuss information given at school, provide more as needed
- Teach importance of delaying sexual behavior

Social Competence

- ☀️ Encourage reading, hobbies, pursuit of talents
- ☀️ Promote interaction/friendships through team or group activities
 - Encourage positive interactions with teachers and other adults
- ☀️ Reinforce limits, family rules for bedtimes, homework, chores

Family Relationships

- Foster conversation and open communication
- Participate in activities together
- ☀️ Contribute to self-esteem with affection and praise
- Set reasonable but challenging expectations
- Encourage good sibling relationships
- ☀️ Handle anger constructively in family; do not allow violence
- Know child's friends and their families

Community Interaction

- Ask for resources/referrals if needed
- Volunteer in school or community activities
- ☀️ Discuss current events and social responsibility