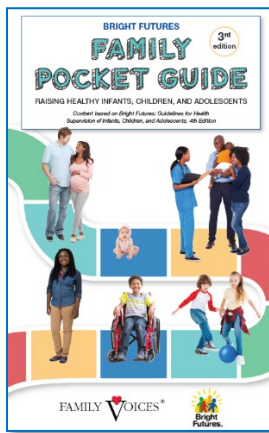


# Introducing the *Bright Futures Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents*, 3rd Edition to Families

## Tip Sheet for Providers



Family Voices and the American Academy of Pediatrics (AAP) developed the *Bright Futures Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents*, 3rd Edition, for families to share important health promotion information and activities in a family-friendly, accessible way. The *Bright Futures Family Pocket Guide*, 3rd Edition, is based on the AAP [Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition](#).

This tip sheet is designed to provide ideas about how pediatric health care professionals, community health workers, home visitors, early intervention programs, teachers, and others who work with children and families can introduce the *Bright Futures Family Pocket Guide*, 3rd Edition, to families.

### About the *Bright Futures Family Pocket Guide* - Let Families Know...

- The *Bright Futures Family Pocket Guide* was written by families for families.
- The *Bright Futures Family Pocket Guide* includes information about the importance of well-child visits at each age and stage of child development.
- **Each section of the *Bright Futures Family Pocket Guide* has information to help families:**
  - a. **THINK** about getting ready for each well-child visit (example: schedule an appointment)
  - b. Learn specific information about children and youth with special health care needs (**CYSHCN**) (example: connect with other families who have similar experiences)
  - c. **CHECK** what their child may be doing at this age (example: can your child name colors)
  - d. **PLAN** what's important for the well-child visit (example: write down questions in advance)
  - e. Know what to **EXPECT** at each well-child visit (example: the child may receive immunizations)
  - f. **CONNECT** with family, friends, and their community to build resiliency and foster relationships (example: volunteer as a family)

### How Families can Use the *Bright Futures Family Pocket Guide*

- Encourage families to explore the *Bright Futures Family Pocket Guide*, available online at <https://www.aap.org/BFFamilyPocketGuide>. The *Bright Futures Family Pocket Guide* serves as a valuable resource for families to use throughout their child's development.
- Share sections of the *Bright Futures Family Pocket Guide* as examples of ways families can promote the health and well-being of their infants, children, teens, and young adults.

#### Examples include:

- If parents have questions about selecting and installing a **car seat**, share the **Safety and Injury Prevention** section.
- Share the **Oral Health** section with parents to help them introduce the use of a **toothbrush**.
- If you are visiting parents whose child is learning to walk, share the section **Keep Your Environment Safe** section.
- If a new mom is struggling with **bedtime**, share the section about **bedtime routines**.

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- If parents are wondering about when and how to introduce **solid food**, share the sections about **Healthy Weight/Healthy Nutrition** and **New Foods/New Skills**.
- If you are visiting a family with a 2-year-old, and the parents are wondering if their child is ready for **toilet training**, share the **Learning to Use the Potty** section.
- Share the **Family Social Media Plan** with families who might need information about monitoring their children's online safety.
- If parents have just learned their child has a special health care need, share the **Maximize Family and Community Supports** section.
- Help parents "let go" and encourage their teens independence by sharing the **Letting Go** section of the Pocket Guide.
- Share the *Bright Futures Family Pocket Guide* that includes resources to help families of **children and youth with special needs** connect to transition their child to **adult systems of care**.
- Share the **Growing Up Healthy** section to help parents encourage their teens to maintain healthy eating habits.
- Share the **Emotional and Mental Health** section to help parents when their adolescent is being moody or experiencing a mental health problem.



Bright Futures is a comprehensive approach to prevention and health promotion for all children and their families. The [\*Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition\*](#), developed by the AAP, is a set of principles, strategies, and tools that pediatric health care professionals can use to promote the health and well-being of all children, including children and youth with special health care needs. The *Bright Futures Guidelines, 4th Edition*, include 12 health promotion themes, and health supervision and anticipatory guidance for well-child visits from prenatal through 21 years. The information is comprehensive, evidence-driven, systems-oriented, and culturally appropriate.

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