

2019 Family Voices Leadership Conference

**Well Child Care—An Oxymoron for
CYSCHN? No!
Bright Futures for Every Child!**

Wednesday, May 8, 2019
Washington, DC

Presenters

- Allysa Ware, MSW, Family Voices
- Jane Bassewitz, MA, American Academy of Pediatrics
- Cara Coleman, JD, MPH, Family Voices
- Parent Panel:
 - Ashley Bates-Crowley
 - Yetta Myrick
 - Norman Ospina Quintero

Today's Agenda

- Introductions
- Bright Futures
- Panel Discussion
- Group Break Out Session
 - Review Age/Stage Visits
- Discussion

Bright Futures: What is it? & What's New in the 4th Edition Guidelines

Jane Bassewitz, MA
Senior Manager, AAP Bright Futures National Center



American Academy of Pediatrics

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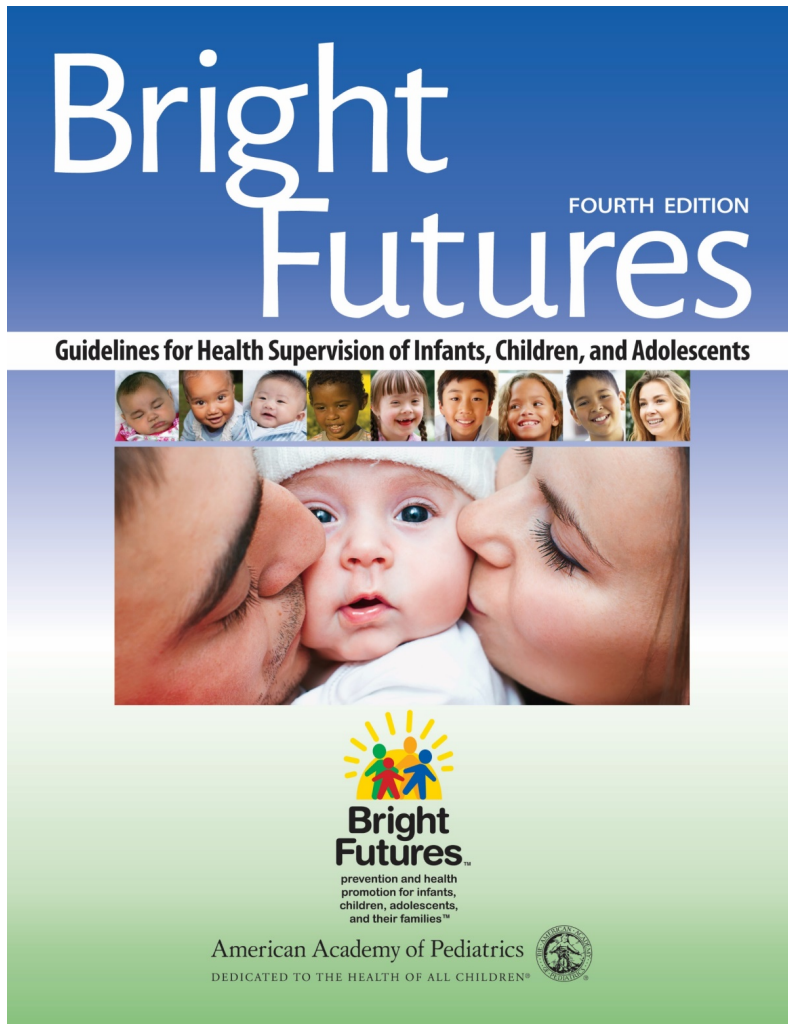
What is Bright Futures?



The mission of Bright Futures is to promote and improve the health, education, and well-being of infants, children, adolescents, families, and communities.

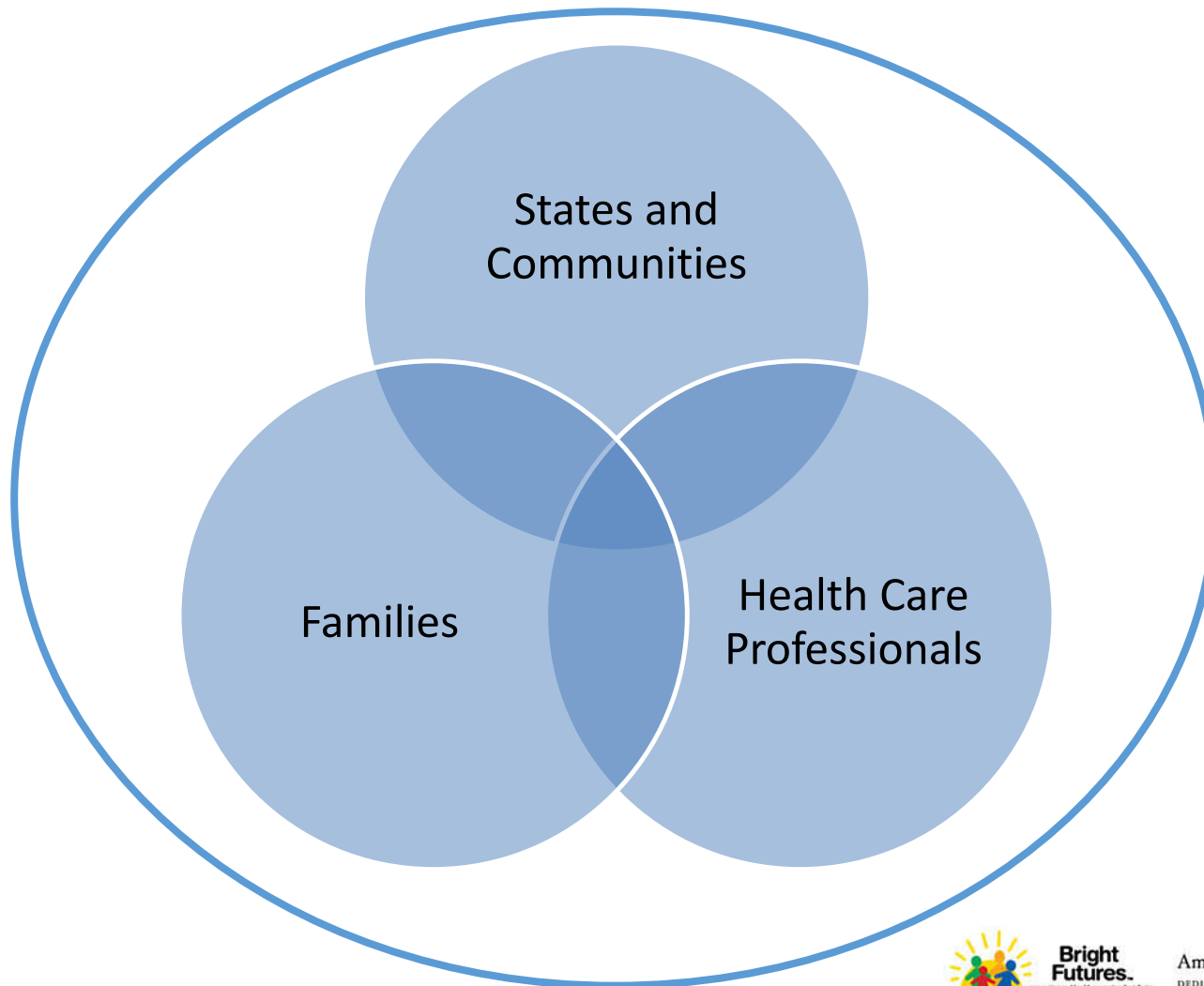
- Bright Futures is the health promotion/disease prevention part of the medical home
- At the heart of the medical home is the relationship between the clinician and the family or youth

Bright Futures



...is a set of principles, strategies and tools that are theory - based, evidence - driven, and systems - oriented, that can be used to improve the health and well-being of all children through culturally appropriate interventions that address the current and emerging health promotion needs at the **family, clinical practice, community, health system and policy levels.**

Who Can Use Bright Futures?



“Families are critical partners in the care of children. A successful system of care for children is family centered . . .”

Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, 4rd Edition

Families and the Bright Futures Guidelines

- Child health care requires collaboration of health care professionals and families
- Guidelines recognize the strengths that families and parents bring to the health care partnership.
- Provides resources and educational materials specific to each well-child visit.
- Cultural values within a family or community are an important element in system of child health care

Bright Futures Guidelines: History and Timing of Release

- 1994: First edition, Morris Green, MD, Editor
- 2000: Second edition and Revised Edition in 2002, Morris Green, MD, and Judith S. Palfrey, MD, Editors
- 2008: Third edition Joseph F. Hagan, Jr, MD, Judith S. Shaw, EdD, MPH, RN, Paula M. Duncan, MD, Editors
- **2017: Fourth edition Joseph F. Hagan, Jr, MD, FAAP, Judith S. Shaw, EdD, MPH, RN, FAAP, Paula M. Duncan, MD, FAAP, Editors**

Bright Futures Guidelines, 4th Edition

Part 1: Health Promotion Themes

- 12 chapters highlighting key health promotion themes
- New themes: **Media use; Children with Special Health Care Needs; Social determinants of health (eg, food insecurity)**

Part 2: Health Supervision Visits

Rationale and evidence for screening recommendations

- 32 age-specific visits (including prenatal visit)
- 5 health supervision priorities for each visit
 - Designed to focus visit on most important issues for child that age
 - Includes: social determinants of health, health risks, developmental issues, positive reinforcement

Health Promotion Themes

- Promoting Lifelong Health for Families and Communities
 - Family Support
 - Promoting Health for Children and Youth with Special Health Care Needs
 - Healthy Development
 - Mental Health
- Healthy Weight
 - Healthy Nutrition
 - Physical Activity
 - Oral Health
 - Healthy Sexual Development and Sexuality
 - Promoting the Healthy and Safe Use of Social Media
 - Safety and Injury Prevention

Red = New Health Promotion Themes

Bright Futures Visits

Prenatal/ Newborn	15 Months
3-5 Days	18 Months
1 Month	2 Years
2 Months	2 ½ Years
4 Months	3 Years
6 Months	4 Years
9 Months	5 Years
12 Months	Annually until 21 years of age

Well-Child Visits

The Four Goals of a Well-Child Visit:

- Disease detection
- Disease prevention
- Health promotion
- Anticipatory guidance



Setting Goals for the Visit

Bright Futures Priority #1: Ask the patient/family what issues/concern they want to talk about during the visit



Everyday life



Getting ready for school

Future dreams



Bright Futures recognizes the strengths that patients and families bring to the health care partnership.

Example: 6 Month Visit Priorities

Priorities for the 6 Month Visit

The first priority is to attend to the concerns of the parents.

In addition, the Bright Futures Infancy Expert Panel has given priority to the following topics for discussion in this visit:

- ▶ Social determinants of health^a (risks [living situation and food security; tobacco, alcohol, and drugs; parental depression], strengths and protective factors [family relationships and support, child care])
- ▶ Infant behavior and development (parents as teachers, communication and early literacy, media, emerging infant independence, putting self to sleep, self-calming)
- ▶ Oral health (fluoride, oral hygiene/soft toothbrush, avoidance of bottle in bed)
- ▶ Nutrition and feeding (general guidance on feeding, solid foods, pesticides in vegetables and fruits, fluids and juice, breastfeeding guidance, formula-feeding guidance)
- ▶ Safety (car safety seats, safe sleep, safe home environment: burns, sun exposure, choking, poisoning, drowning, falls)

^aSocial determinants of health is a new priority in the fourth edition of the *Bright Futures Guidelines*. For more information, see the *Promoting Lifelong Health for Families and Communities* theme.

Bright Futures Tool and Resource Kit

- Guidelines for well-child care
- Information and talking points by age
- Handouts and questionnaires for families and youth

BRIGHT FUTURES HANDOUT ► PARENT 1 MONTH VISIT

Here are some suggestions from Bright Futures experts that may be of value to your family.



✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.
- Ask us for help if you have been hurt by your partner or another important person in your life. Hotlines and community agencies can also provide confidential help.
- Tobacco-free spaces keep children healthy. Don't smoke or use e-cigarettes. Keep your home and car smoke-free.
- Don't use alcohol or drugs.
- Check your home for mold and radon. Avoid using pesticides.

✓ FEEDING YOUR BABY

- Feed your baby only breast milk or iron-fortified formula until she is about 6 months old.
- Avoid feeding your baby solid foods, juice, and water until she is about 6 months old.
- Feed your baby when she is hungry. Look for her to:
 - Put her hand to her mouth.
 - Suck or root.
 - Fuss.
- Stop feeding when you see your baby is full. You can tell when she:
 - Turns away
 - Closes her mouth
 - Releases her arms and hands
- Know that your baby is getting enough to eat if she has more than 5 wet diapers and at least 3 soft stools each day and is gaining weight appropriately.
- Burp your baby during natural feeding breaks.
- Hold your baby so you can look at each other when you feed her.
- Always hold the bottle. Never prop it.

If Breastfeeding

- Feed your baby on demand generally every 1 to 3 hours during the day and every 3 hours at night.
- Give your baby vitamin D drops (400 IU a day).
- Continue to take your prenatal vitamin with iron.
- Eat a healthy diet.

If Formula Feeding

- Always prepare, heat, and store formula safely. If you need help, ask us.
- Feed your baby 24 to 27 oz of formula a day. If your baby is still hungry, you can feed her more.

✓ HOW YOU ARE FEELING

- Take care of yourself so you have the energy to care for your baby. Remember to go for your post-birth checkup.
- If you feel sad or very tired for more than a few days, let us know or call someone you trust for help.
- Find time for yourself and your partner.

✓ CARING FOR YOUR BABY

- Hold and cuddle your baby often.
- Enjoy playtime with your baby. Put him on his tummy for a few minutes at a time when he is awake.
- Never leave him alone on his tummy or use tummy time for sleep.
- When your baby is crying, comfort him by talking to, patting, stroking, and rocking him. Consider offering him a pacifier.
- Never hit or shake your baby.
- Take his temperature rectally, not by ear or skin. A fever is a rectal temperature of 100.4°F/38.0°C or higher. Call our office if you have any questions or concerns.
- Wash your hands often.

- ☐ Parent/Patient Educational Handout
 - Provides parental education for all of the Bright Future Priorities at each visit

Helpful Resources: National Domestic Violence Hotline: 800-799-7233 | Smoking Quit Line: 800-784-8689
Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236



Web site Resources



Bright Futures™

prevention and health promotion for infants,
children, adolescents, and their families™

SEARCH...



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Bright Futures > Families > Resources for Families

[Resources for Children and
Teens](#)

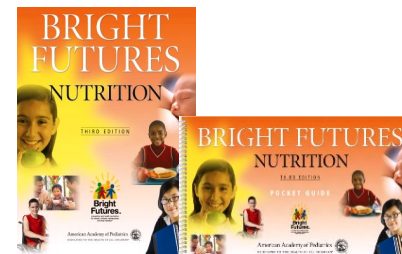
Resources for Families

Resources for Families

The resources below can help you protect and promote your child's health by increasing your knowledge of children's health issues, providing assistance on partnering with health care providers, and linking you to helpful organizations and tools.



****NEW**** *The Well-Child Visit: Why Go and What to Expect* This new tip sheet, [The Well-Child Visit: Why Go and What to Expect](#), consistent with the *Bright Futures Guidelines*, tips written in plain language for parents of children and teens of all ages to help prepare them for their well-child visits.



<https://brightfutures.aap.org>



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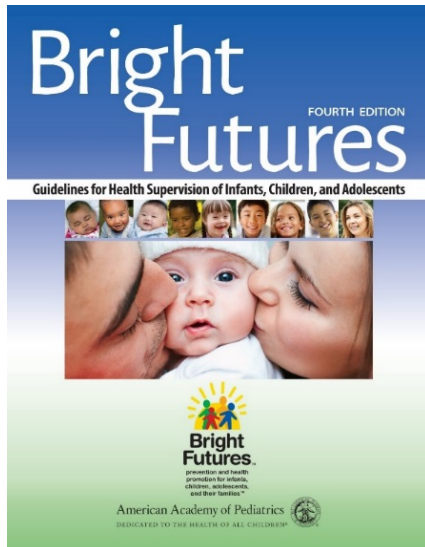
How to Obtain Bright Futures Materials



Visit the Bright Futures Web site:
brightfutures.aap.org

New Implementation Tip Sheets

For a preview of the book go to
shopAAP.org



Sign up for our eNews and other alerts at brightfutures.aap.org

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