



Every child deserves a  
Bright Future!



# “New Morbidities” of the 21st Century

- ☀ Changing family structures
- ☀ Highly mobile populations
- ☀ Health disparities
- ☀ Deteriorating neighborhoods and communities
- ☀ Intentional and unintentional injury
- ☀ Substance abuse



# What is Bright Futures?

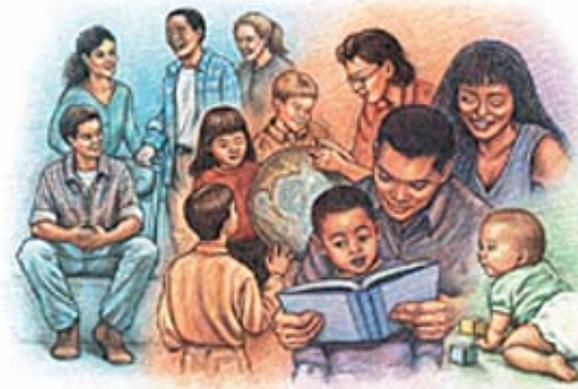
Bright Futures is

- ☀️ A vision
- ☀️ A philosophy
- ☀️ A set of expert guidelines
- ☀️ A practical developmental approach to providing health supervision



# The Mission of Bright Futures

To promote and improve the health and well-being of infants, children, adolescents, families, and communities. Bright Futures is dedicated to developing educational materials for health professionals and families; implementing Bright Futures content, philosophy, and materials; and fostering partnerships and collaboration.

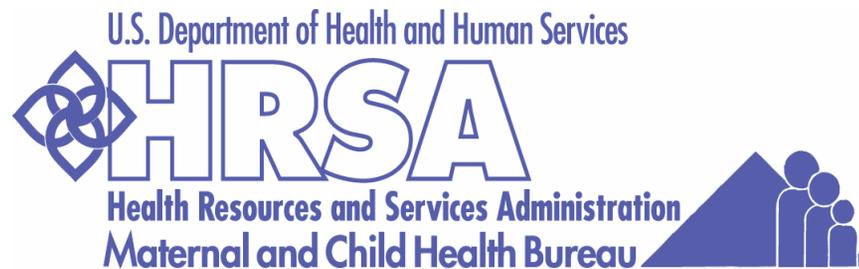




# The Goals of Bright Futures

- ☀ Foster partnerships between families, health professionals, and communities
- ☀ Promote desired social, developmental, and health outcomes
- ☀ Increase family knowledge, skills, and participation in health-promoting and disease prevention activities
- ☀ Enhance health professionals' knowledge, skills, and practice of developmentally appropriate health care in the context of family and community

# Bright Futures Initial Development



# Selected Current Bright Futures Initiatives

**AAHP's Maternal and Child Health Initiative**

**Bright Futures Publications Web Resources**

Health insurance plans have an enormous potential to contribute to the improved health of women and children. To this end, in 1997 AHP signed an agreement with the Maternal and Child Bureau (MCHB) of the federal Health Resources and Services Administration (HRSA) to help address the health needs of mothers and children served by health insurance plans.

This agreement supported the dissemination of the *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*, sponsored by MCHB in partnership with other federal agencies and more than 100 health care experts, to member plans. Bright Futures is a model of health promotion and disease prevention for children ages zero through 21 that encourages partnerships between health care providers, families, and the community to improve health outcomes for children.

**WELL-CHILD Care**  
A Bright Futures Curriculum for Providers in MCH & EPSDT/Medicaid Settings

**Module 1: Health History and Interview**

**Overview**

Module 1 focuses on the importance of the health and developmental history and includes a summary of the initial, interval, and adolescent history. The module also provides information on conducting effective health interviews and offers sample interview questions for use in infancy, early childhood, middle childhood, and adolescent health visits.

**Module Objectives**

- Describe the function and components of the initial health history
- Examine the content of the interval history
- Identify additional topics and concerns in an adolescent history
- Discuss the health interview and the skillful use of interview questions
- Provide sample developmentally-appropriate interview questions
- Offer guidelines for documenting the health and developmental history

**Time Needed to Complete Module 1**  
Approximately 30 minutes

**Maximizing Resources for Results:**  
Extending Bright Futures through Community-based Nutrition Planning

This is a train-the-trainer module introducing and exploring *Bright Futures in Practice: Nutrition*

- Download the training manual (PDF format)
- Download the PowerPoint presentation
- View the training presentation online
- Purchase *Bright Futures in Practice: Nutrition*
- Purchase *Moving to the Future: Developing Community-based Nutrition Services*
- Purchase the videocassette
- View Healthy People 2010 Objectives
- Evaluation Form

and using the *Moving to the Future: Developing Community-based Nutrition Services* publication as a model for planning nutrition services.

**HRSA** Health Resources & Services Administration  
**UP** University of Pittsburgh  
**Bright Futures**  
About this Project Acknowledgements

**FAMILY VOICES**  
PROJECT: Bright Futures For Families

**DESCRIPTION**

Bright Futures is a vision and a philosophy of children's health care. It is also a set of up-to-date guidelines, offering a practical approach to health care for all children from birth through adolescence. Because children with special needs are included in the wider world of children, Bright Futures materials are helpful for families of children with and without special needs. Bright Families offers family materials, lists and a website for families to promote and improve the health and well-being of all children of all ages. Materials for families mesh with Bright Futures materials and concepts for professionals. We hope to encourage flourishing partnerships!

**MATERIALS**

- Family Pocket Guide: Raising Healthy Infants, Children and Adolescents** (English) handcopy | Guia Para Las Familias (En Espanol)  
A guide about:
  - How to choose and work with a health care provider
  - How your child grows from birth to age 21
  - What will happen at each health care visit
  - What to expect when your child gets older
  - Family resources and web link
 To get a complimentary copy of the Family Pocket Guide, contact the Health Resources and Services Administration (HRSA) Information Center at 888-ASK-HRSA or 888-275-4772. Bulk orders available from through the Family Voices Catalog at \$3.50 per Pocket Guide (English or Spanish).
- Bright Futures Newsletters** Newsletter Index Here  
A free electronic newsletter, a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities going on in the maternal and child health community. Past issues are archived here. Most issues contain resources for materials in Spanish. To subscribe to this electronic newsletter, please contact Blake Anderson.

# Bright Futures: An Organized Structure for Health Supervision

Bright Futures provides a framework to address the current and emerging health needs of infants, children, adolescents, and their families.



# Prevention Works!

Specific preventive and health promotion interventions improve children's social, developmental, and health outcomes.



Examples of successful interventions include child safety seats, water fluoridation, immunizations, the Back to Sleep campaign to reduce the risk of SIDS, bike helmets, and home safety practices.

Each Bright Futures health supervision visit includes extensive anticipatory guidance on injury prevention and health promotion.

# Families Matter!

- ☀ Families as partners
- ☀ Families as caregivers
- ☀ Families as teachers
- ☀ Families as resources



# Health Promotion is Everybody's Business!

- ☀ Health professionals
- ☀ Families
- ☀ Child care professionals
- ☀ Social service professionals
- ☀ Schools
- ☀ Local and state government
- ☀ Community groups
- ☀ Business/industry
- ☀ Faith communities
- ☀ Payers



# Bright Futures as a Tool for Health Supervision

- ☀ Organize health supervision
- ☀ Increase the quality of preventive services
- ☀ Enhance communication
- ☀ Develop partnerships
- ☀ Integrate community-based health, education, and social services in a seamless system of care
- ☀ Improve overall health outcomes





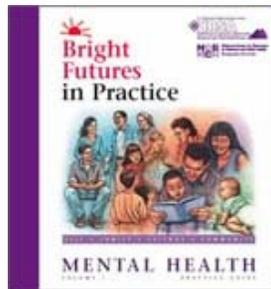
# Bright Futures as a Partner in Policy

Bright Futures continues to be:

- ☀ Incorporated into EPSDT guidelines, SCHIP, Head Start, and WIC programs
- ☀ Incorporated into standards of practice
- ☀ Used to promote program development
- ☀ Used as a training tool for health professionals and health departments



# Materials for Health Professionals

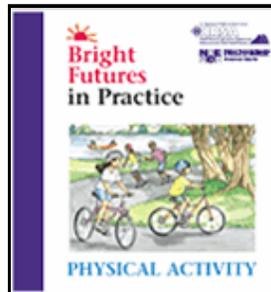
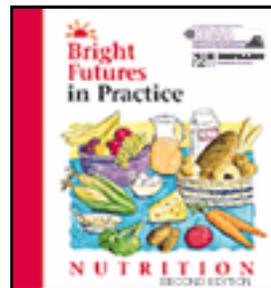


Bright Futures in Practice:  
Mental Health

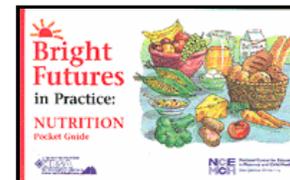
Bright Futures Guidelines  
and Pocket Guide



Bright Futures in Practice:  
Nutrition (2nd ed.) Online Only



Bright Futures in Practice:  
Physical Activity



Bright Futures in Practice:  
Nutrition Pocket Guide



Bright Futures Oral Health  
Pocket Guide **NEW**



# Bright Futures is presented in Developmental Stages

Infancy  
0–11 Months



Early  
Childhood  
1–4 Years



Middle  
Childhood  
5–10 Years



Adolescence  
11–21 Years



# Bright Futures offers age-appropriate strategies to:



- ☀️ Promote healthy behaviors
- ☀️ Reduce morbidity and mortality
- ☀️ Develop partnerships between health professionals, families, and communities
- ☀️ Improve health outcomes

# Bright Futures includes: Health Interview Questions ...

## HEALTH SUPERVISION: 1 YEAR

The following questions are intended to be used selectively to invite discussion, to gather information, to address the needs and concerns of the family, and to build partnerships. Use of the questions will vary from visit to visit and from family to family. Questions can be modified to match the health professional's communication style.

### Questions for the Parent(s)

- How are you?
- How are things going in your family?
- What questions or concerns do you have about Cindy today?
- What are some of the things you enjoy most about her?
- Do you think Cindy hears all right? Sees all right?
- What new things is Cindy doing?
- Have there been any major stresses or changes in your family since your last visit?
- What is Cindy eating now?
- Does Cindy sleep through the night?

- Does David have an object he uses to comfort himself?
- What are some of the major stresses in your life right now? Traffic? Money? Food? Family? Housing? Personal?
- Have you ever had a fall?
- How have you childproofed your home? Where do you keep household cleaners and poisonous items? Are they locked up or stored out of David's sight and reach?
- Do you have smoke alarms in your home? Have you checked the batteries recently?
- Do you know how to reduce your child's risk of exposure to lead hazards if you live in an older home or one that has been renovated recently?

How have you childproofed your home? Where do you keep household cleaners and poisonous items? Are they locked up or stored out of David's sight and reach?

# Developmental Observation and Milestones ...

## Developmental Surveillance and Milestones

### Questions and Possible Responses

- Do you have any specific concerns about Tashi's development or behavior?
- How does Tashi communicate what she wants?
  - Vocalizes (screches, babbles)
  - Gestures (points, shakes head)
  - Speaks words ("mama", "dada")
- What do you think Tashi understands?
  - Names of family members
  - Names of familiar objects
  - Simple phrases ("all gone")

How does Tashi communicate what she wants?

## Milestones

Pulls to stand, cruises, and may take a few steps alone

Plays social games such as pat-a-cake

Pulls to stand, cruises, and may take a few steps alone.

Has vocabulary of one to three words in addition to "mama" and "dada"

Imitates vocalizations

Drinks from a cup

Looks for dropped or hidden objects

Waves "bye-bye"

Feeds self

12 MONTHS • 1 YEAR

# Components of the Physical Examination ...

## Observation of Parent-Child Interaction

Are the parent and toddler interested in and responsive to each other (e.g., sharing vocalizations, smiles, and facial expressions)? Does the parent respond to the toddler's distress? What is the toddler's activity level, and how does the parent react? Does the parent respond supportively to the toddler's autonomy or independent behavior as long as it is not dangerous? Does the parent speak to the toddler in positive terms?

1 YEAR

Does the parent speak to the toddler in positive terms?

## Physical Examination

Measure and plot on a standard chart (e.g., the revised CDC/NCHS growth charts) the toddler's head circumference, length, weight, and weight for length. Share information with the family.

Measure and plot the toddler's length and weight. Plot these on the CDC growth charts. Share the information with the family.

- Developmental hip dysplasia
- Evidence of possible neglect or abuse

# Screening Procedures and Immunizations ...

## Additional Screening Procedures

**Vision:** Examine eyes; assess ability to fix and follow with each eye, alternate occlusion, corneal light reflex, red reflex.

**Hearing:** Conduct initial hearing screening if not previously done; otherwise, assess for possible hearing loss, with follow-up screening as needed (see Appendix D).

**Lead exposure:** Assess risk of exposure and screen as needed (see Appendix E).

**Anemia:** Screen for anemia if child was not screened at 9 months (see Appendix F).

**Tuberculosis:** Administer tuberculin skin test (PPD) if child meets any of the following criteria:<sup>1</sup>

Exposure to tuberculosis

Radiographic evidence of

Immigration from a high-prevalence

Residence in a high-prevalence

Homeless or unstable housing

HIV infection

Other medical conditions

## Immunizations

Please see Appendix C and refer to the current recommended childhood immunization schedule in the back pocket of this publication.

Be sure that immunizations are up to date. Discuss possible side effects, what to do about them, and when to call the health professional.

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[Link to CDC's Immunization Schedule](#)  
(Section 508 Compliant)

Vision: Examine eyes; assess ability to fix and follow with each eye, alternate occlusion, corneal light reflex, red reflex.

# and Anticipatory Guidance

## ANTICIPATORY GUIDANCE FOR THE FAMILY

In addition to providing anticipatory guidance, many health professionals give families handouts at an appropriate reading level or a videotape that they can review or study at home.

### *Promotion of Healthy and Safe Habits*

Wash your toddler's hands and your own frequently, especially after diaper changes and before eating.

Clean your toddler's toys with soap and water.

If your toddler is in child care, provide personal items (e.g., blankets, cups) for individual use.

Limit television and video viewing to 1 hour per day. Be sure the program is appropriate and watch them with your child.

Expect your toddler to sleep through the night on her own bed. Reinforce good sleep habits.

Maintain a regular bedtime routine.

Participate in physical activities as a family (e.g., taking walks, playing at a playground).

Supervise your toddler constantly whenever she is near water (bathtub, playpool, buckets, toilet).

Do not expect young siblings to supervise your toddler (e.g., in the bathtub, house, or yard).

Do not allow your toddler to play in or continue to empty buckets, tubs, or small pools immediately after use.

Children should be supervised by an adult.

Do not expect young siblings to supervise your toddler (e.g., in the bathtub, house, or yard).

Use a safety gate at the top and bottom of stairs, and use a four-sided gate at the bottom of stairs.

Use a crib with a drop-side that meets the safety standards. Never leave your toddler in a mesh playpen or crib with the drop-side down.



# Bright Futures Appendices

Highlight key screening issues such as:

- ☀ Hearing and Vision
- ☀ Iron-deficiency anemia
- ☀ Elevated blood lead levels
- ☀ Hyperlipidemia
- ☀ Hypertension
- ☀ Sexually transmitted diseases

# Bright Futures at Georgetown University Web Site

**Bright Futures**  
at  
**Georgetown**  
University

Home | About | Contact | Distance Education | EPSDT | FAQs | HealthCheck | Order | Publications | Training Tools | Site Map | Search

Bright Futures is a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice.

The mission of Bright Futures, embodied in the [Bright Future's Children's Health Charter](#), is to promote and improve the health and well-being of infants, children, and adolescents.

**Publications**

- Bright Futures Guidelines for Health Supervision
- Bright Futures in Practice Series
  - Mental Health
  - Nutrition
  - Oral Health
- Oral Health Pocket Guide
- Physical Activity
- Bright Futures Family Materials
- Spanish Materials
- Online Publications

**Distance Education**

- Distance Learning Resources
- Bright Futures MCH/EPSDT Distance Learning Project
- NEW** MCHB funds National MCH/EPSDT curriculum
- HealthCheck Provider Education System
- About the Project Resources

**Training Tools**

- Bright Futures Guidelines
- Bright Futures Pocket Guide
- Mental Health
- Nutrition
- Oral Health
- Physical Activity
- Other Tools

**Resources**

- MCH Library
- NCEMCH
- Oral Health Resource Center
- Supporting Organizations

**Feedback**

**News**

**New and Noteworthy**

<http://www.brightfutures.org>