



## **Anticipatory Guidance-A Guide for Providers**

Anticipatory guidance is a federally mandated component of each Texas Health Steps (THSteps) medical and dental checkup. Education and counseling provided during a THSteps medical checkup is aimed at assisting the child, parent and/or guardian in understanding expected growth and development. It also serves as a way to provide information about the benefits of healthy lifestyles and practices, as well as accident and disease prevention. Anticipatory guidance topics should be individualized and prioritized according to questions and concerns the child, parent and/or guardian may have as well as findings obtained during the completion of the health history and physical exam.

*Anticipatory Guidance-A Guide for Providers* has been designed specifically for THSteps providers. It offers age-appropriate anticipatory guidance topics for children birth through 20 years of age and mirrors anticipatory guidance topics included on the THSteps Child Health Clinical Record Forms. THSteps encourages providers to adapt and enhance the age-appropriate topics to meet the needs of each child, parent and/or guardian.



## Anticipatory Guidance - Discharge to 5 Days Checkup

### Family

- Maintain consistent family routine
- Parents return to work/school
- Postpartum checkup
- Postpartum depression/family stress
- Accept help
- Never hit or shake baby

### Development and Behavior

- Calm by stroking head or gentle rocking
- Talk to infant using simple words telling/reading stories

### Nutrition

- No bottle in bed
- 6-8 wet diapers a day
- Adequate weight gain
- Hold to bottle feed, no bottle propping
- How to prepare formula
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator
- Stooling-color, frequency

### Routine Care

- Clean mouth with soft cloth twice a day
- Skin, circumcision, umbilical care
- Thermometer use; rectal temperatures
- Wash hands; avoid crowds

### Safety

- Have baby sleep in same room, in own crib
- No bed sharing
- Sleep in crib on back with no loose covers or soft bedding
- Crib safety with slats  $\leq 2\text{-}3/8$ "
- Do not leave alone in bath water
- Home safety for fire/carbon monoxide poisoning
- Keep hand on infant when on bed or changing on table/couch
- No shaking baby (Shaken Baby Syndrome)
- No smoking in home or vehicle
- Provide safe/quality day care
- Report domestic violence
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Water heater at  $<120^{\circ}$
- Avoid hot liquids when holding baby



## Anticipatory Guidance - 2 Week Checkup

### Family

- Maintain consistent family routine
- Postpartum checkup
- Postpartum depression/family stress
- Return to work/school
- Accept help
- Never hit or shake baby

### Development and Behavior

- Talk to infant using simple words telling/reading stories
- Calm by stroking head or gentle rocking

### Nutrition

- No bottle in bed
- Stooling-color, frequency
- 6-8 wet diapers a day
- Hold to bottle-feed, no bottle propping
- No microwave to heat milk
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator

### Routine Care

- Clean mouth with soft cloth twice a day
- Skin, circumcision, umbilical care
- Thermometer use; rectal temperatures
- Wash hands; avoid crowds

### Safety

- Have baby sleep in same room, in own crib
- No bed sharing
- Sleep in crib on back with no loose covers or soft bedding
- Home safety for fire/carbon monoxide poisoning
- No shaking baby (Shaken Baby Syndrome)
- Second-hand smoke
- Provide safe/quality day care, if needed
- Report domestic violence
- Water heater at  $<120^{\circ}$
- Crib safety with slats  $\leq 2\text{-}3/8''$
- Do not leave alone in bath water
- Keep hand on infant when on bed or changing on table/couch
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker



## Anticipatory Guidance - 2 Month Checkup

### Family

- Maintain consistent family routine
- Postpartum depression/family stress
- Postpartum checkup
- Return to work/school
- Never hit or shake baby

### Development and Behavior

- Promote language using simple words
- Talk about pictures/story using simple words/sing

### Nutrition

- No bottle in bed
- Bottle-feeding every 3-4 hours
- Breastfeeding 8-12 feedings in 24 hours
- Hold to bottle-feed, no bottle propping
- No microwave to heat milk
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator

### Routine Care

- Clean mouth with soft cloth twice a day
- Skin care
- Thermometer use; rectal temperatures
- Wash hands; avoid crowds
- Tummy time; head control

### Safety

- Have baby sleep in same room, in own crib
- No bed sharing
- Crib safety with slats  $\leq 2\text{-}3/8$ "
- Do not leave alone in bath water
- Home safety for fire/carbon monoxide poisoning
- Keep hand on infant when on bed or changing on table/couch
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Report domestic violence
- Sleep in crib on back with no loose covers or soft bedding
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Water heater at  $<120^{\circ}$



## Anticipatory Guidance - 4 Month Checkup

### Family

- Maintain consistent family routine

### Development and Behavior

- Promote language using simple words
- Provide age-appropriate toys, remove small toys/pins/plastic pieces
- Read books and talk about pictures/story using simple words

### Nutrition

- Hold to bottle-feed, no bottle propping
- Introduce cereal when ready
- No bottle in bed
- No microwave to heat milk
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator

### Routine Care

- Clean mouth/teeth with soft cloth twice a day
- Tummy time; head control
- Teething

### Safety

- Crib safety with slats  $\leq 2\text{-}3/8$ "
- Do not leave alone in bath water
- Home safety for fire/carbon monoxide poisoning
- Keep hand on infant when on bed or changing on table/couch
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Sleep in crib on back with no loose covers or soft bedding
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Water heater at  $<120^{\circ}$



## Anticipatory Guidance - 6 Month Checkup

### Family

- Maintain consistent family routine

### Development and Behavior

- Promote language using simple words
- Provide age-appropriate toys, remove small toys/pins/plastic pieces
- Read books and talk about pictures/story using simple words
- Use distraction for discipline

### Nutrition

- Introduce solids slowly, one at a time
- No bottle in bed
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator
- Mash up table foods if given, no hot dogs cut into circles
- Offer juice in cup during snack time

### Routine Care

- Clean mouth/teeth with soft cloth/toothbrush twice a day
- Teething

### Safety

- Lead risk assessment
- Do not use walker
- Crib safety with slats  $\leq 2\text{-}3/8$ "
- Do not leave alone in bath water
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, cleaning supplies, and medicines out of reach
- Keep hand on infant when on bed or changing on table/couch
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Sleep in crib on back with no loose covers or soft bedding
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Choking hazards



## Anticipatory Guidance - 9 Month Checkup

### Family

- Maintain consistent family routine
- Make 1:1 time for each child in family
- Development and Behavior
- Establish consistent bedtime routine
- Limit TV time to 1-2 hours/day
- Praise good behavior
- Promote language using simple words
- Provide age-appropriate toys
- Provide favorite toy for self-soothing during sleep time
- Provide nap time daily
- Read books and talk about pictures/story using simple words
- Separation anxiety common
- Use distraction or choice of 2 appropriate options for discipline

### Nutrition

- Introduce cup and encourage use to begin weaning process
- Offer juice in cup during snack time
- No bottle in bed
- Slowly increase choice of solids
- Cut table foods small, no hot dogs cut into circles

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day

### Safety

- Lead risk assessment
- Do not leave alone in bath water
- Empty all buckets containing water
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, cleaning supplies, and medicines out of reach, remove all buckets
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Remove small toys/pins/plastic pieces to allow safe exploration
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker



## Anticipatory Guidance - 12 Month Checkup

### Family

- Make 1:1 time for each child in family
- Maintain consistent family routine

### Development and Behavior

- Discipline constructively using time-out of 1 minute/year of age
- Encourage supervised outdoor play
- Establish consistent limits/rules and consistent consequences
- Limit TV time to 1-2 hours/day
- Praise good behavior
- Promote language using simple words
- Provide age-appropriate toys
- Provide favorite toy for self-soothing during sleep time
- Read books and talk about pictures/story using simple words
- Use distraction or choice of 2 appropriate options to avoid/resolve conflicts

### Nutrition

- Begin weaning from bottle/breast to cup; offer only water in bottle
- No bottle in bed
- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods
- Provide spoon for eating and cup for drinking

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Establish consistent bedtime routine
- Provide nap time daily

### Safety

- Empty all buckets, pools, etc. containing water
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, choking hazards, cleaning supplies, and medicines out of reach
- Lock up guns
- Provide safe/quality day care, if needed
- Supervise within arm's length when near water/do not leave alone in bath water
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker



## Anticipatory Guidance - 15 Month Checkup

### Family

- Make 1:1 time for each child in family
- Maintain consistent family routine

### Development and Behavior

- Establish consistent limits/rules and consistent consequences
- Separation anxiety common at this age
- Discipline constructively using time-out for 1 minute/year of age
- Praise good behavior
- Provide favorite toy for self-soothing during sleep time
- Use distraction or choice of 2 appropriate options to avoid/resolve conflicts
- Encourage supervised outdoor play
- Limit TV time to 1-2 hours/day
- Promote language using simple words
- Provide age-appropriate toys
- Read books and talk about pictures/story using simple words

### Nutrition

- No bottle in bed
- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Establish consistent bedtime routine

### Safety

- Lead risk assessment
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, choking hazards, cleaning supplies, and medicines out of reach
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Supervise within arm's length when near water/do not leave alone in bath water
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker



## Anticipatory Guidance - 18 Month Checkup

### Family

- Maintain consistent family routine
- Make 1:1 time for each child in family
- Be aware of language used, child will imitate
- Sibling rivalry

### Development and Behavior

- Assist to describe feelings in simple words
- Provide age-appropriate toys to develop imagination/self-expression
- Read books and talk about pictures/story using simple words
- Discipline constructively using time-out for 1 minute/year of age
- Establish consistent limits/rules and consistent consequences
- Limit TV time to 1-2 hours/day
- Praise good behavior
- Provide opportunities for side-by-side play with others of same age group

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Encourage supervised outdoor play
- Establish consistent bedtime routine
- Begin toilet training when ready

### Safety

- Lead risk assessment
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, household chemicals and medicines out of reach
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Supervise within arm's length when near water
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker



## Anticipatory Guidance - 24 Month Checkup

### Family

- Maintain consistent family routine
- Be aware of language used, child will imitate
- Make 1:1 time for each child in family

### Development and Behavior

- Assist in use of language to express feelings
- Establish consistent limits/rules and consistent consequences
- Limit TV time to 1-2 hours/day
- Provide age-appropriate toys to develop imagination/self-expression
- Read books and talk about pictures/story using simple words
- Discipline constructively using time-out for 1 minute/year of age
- Praise good behavior
- Provide opportunities for side-by-side play with others of same age group
- Use of "No" for self-opinion/frustration/expression of anger

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Teach hand-washing
- Progress with toilet training by providing frequent "potty" breaks every 2 hours
- Encourage supervised outdoor exercise
- Establish consistent bedtime routine

### Safety

- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality day care, if needed
- Supervise within arm's length when near or in water
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Use of helmet when riding tricycle or bicycle



## Anticipatory Guidance - 30 Month Checkup

### Family

- Maintain consistent family routine
- Remain aware of language used, child will imitate
- Make 1:1 time for each child in family

### Development and Behavior

- Read books and talk about pictures/story using simple words
- Begin self-dressing with T-shirt
- Discipline constructively using time out for 1 minute/year of age
- Establish consistent limits/rules and consistent consequences
- Limit TV/computer time to 1-2 hours/day
- Provide age-appropriate toys to develop imagination/self-expression
- Use of "No" for self-opinion/frustration/expression of anger
- Provide opportunities for side-by-side play with others of same age group

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Establish consistent bedtime routine
- Encourage supervised outdoor exercise

### Safety

- Lead risk assessment
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality day care, if needed
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the telephone
- Use rear-facing car seat in back seat of car until child reaches the height and weight limit set by the car seat maker
- Use of helmet when riding tricycle or bicycle



## Anticipatory Guidance - 3 Year Checkup

### Family

- Allow 1:1 time for each child in the family
- Maintain consistent family routine
- Time for self/partner

### Development and Behavior

- Discipline constructively using time-out for 1 minute/year of age
- Encourage child to tell the story his/her way
- Limit TV/computer time to 1-2 hours/day
- Provide age-appropriate toys to develop imagination
- Show affection/praise for good behaviors
- Establish consistent limits/rules and consistent consequences
- Read books and sing together daily

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Encourage supervised outdoor exercise
- Establish consistent bedtime routine

### Safety

- Lead risk assessment
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the door/telephone
- Use of front-facing car seat until 4 years old and 40 pounds
- Use of helmet when riding tricycle or bicycle



## Anticipatory Guidance - 4 Year Checkup

### Family

- Allow 1:1 time for each child in the family
- Maintain consistent family routine
- If in pre-school, advocate with teacher for child with school difficulties/bullying

### Development and Behavior

- Encourage child to tell the story his/her way
- Establish daily chores to develop sense of accomplishment and self-confidence
- Limit TV/computer time to 1-2 hours/day
- Show affection/praise for good behaviors
- Encourage constructive conflict resolution, demonstrate at home
- Encourage self-dressing and allow to choose own clothing at times
- Establish consistent limits/rules and consistent consequences
- Read and discuss story daily

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/sodas/high-fat foods

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Encourage supervised outdoor play for 1 hour/day
- Establish consistent bedtime routine

### Safety

- Lead risk assessment
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach child parents' names/home address/telephone numbers
- Teach how to answer the door/telephone
- Teach self-safety for personal privacy
- Teach street safety/running after balls/do not cross alone
- Use of booster seat in back seat of car if 40 pounds, until 4ft 9in or 8 years old
- Use of helmet when riding tricycle or bicycle



## Anticipatory Guidance - 5 Year Checkup

### Family

- Maintain consistent family routine
- Advocate with teacher for child with school difficulties/bullying

### Development and Behavior

- Encourage child to tell the story his/her way
- Encourage constructive conflict resolution, demonstrate at home
- Establish consistent limits/rules and consistent consequences
- Establish daily chores to develop sense of accomplishment and increase self confidence
- Limit TV/computer time to 1-2 hours/day
- Read and discuss story daily
- Show affection/praise for good behaviors
- Discuss school activities daily

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/sodas/high-fat foods
- Importance of breakfast
- 5 servings fruit/vegetables daily
- Limit juice and ensure adequate calcium

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day; floss daily
- Encourage supervised outdoor play for 1 hour/day
- Establish consistent bedtime routine

### Safety

- Lead risk assessment
- During sports wear protective gear at all times
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Lock up guns
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the door/telephone
- Teach self-safety for personal privacy
- Teach street safety/running after balls/crossing street/riding bicycle/boarding bus
- Use of booster seat in back seat of car until 4ft 9in or 8 years old
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 6 Year Checkup

### Family

- Maintain consistent family routine
- Advocate with teacher for child with school difficulties/bullying

### Development and Behavior

- Encourage child to tell the story his/her way
- Encourage constructive conflict resolution, demonstrate at home
- Establish consistent limits/rules and consistent consequences
- Establish daily chores to develop sense of accomplishment and increase self confidence
- Limit TV/computer time to 1-2 hours/day
- Read and discuss story daily
- Show affection/praise for good behaviors
- Discuss school activities daily

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/sodas/high-fat foods
- Importance of breakfast
- 5 servings fruit/vegetables daily
- Limit juice/ensure adequate calcium

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day; floss daily
- Establish consistent bedtime routine
- Encourage outdoor play for 1 hour/day

### Safety

- Lead risk assessment
- During sports wear protective gear at all times
- Encourage supervised outdoor play for 1 hour/day
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Lock up guns
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the door/telephone
- Teach self-safety for personal privacy
- Teach street safety/running after balls/crossing street/riding bicycle/boarding bus
- Use of booster seat in back seat of car until 4ft 9in or 8 years old
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 7 Year Checkup

### Family

- Establish consistent family routine
- Advocate with teacher for child with school difficulties/bullying
- Computer use/safety

### Development and Behavior

- Continue daily chores to develop sense of accomplishment and increase self-confidence
- Encourage constructive conflict resolution, demonstrate at home
- Establish consistent limits/rules and consistent consequences
- Limit TV/computer time to 2 hours/day
- Show affection/praise for good behaviors
- Discuss school activities and school work

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/sodas/high-fat foods
- Healthy weight
- Importance of breakfast
- 5 servings fruit/vegetables daily
- Limit juice/ensure adequate calcium intake

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Establish consistent bedtime routine
- Encourage outdoor play for 1 hour/day

### Safety

- During sports wear protective gear at all times
- Continued use of booster seat in back seat of car until 4ft 9in or 8 years old
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Get to know child's friends and their parents
- Lock up guns
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the door/telephone
- Teach self-safety for personal privacy
- Teach street safety/running after balls/crossing street/riding bicycle/boarding bus
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 8 Year Checkup

### Family

- Establish consistent family routine
- Advocate with teacher for child with school difficulties/bullying
- Computer use/safety

### Development and Behavior

- Continue daily chores to develop sense of accomplishment and increase self-confidence
- Encourage constructive conflict resolution, demonstrate at home
- Establish consistent limits/rules and consistent consequences
- Limit TV/computer time to 2 hours/day
- Show affection/praise for good behaviors
- Discuss school activities and school work

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/sodas/high-fat foods
- Healthy weight
- Importance of breakfast
- 5 servings fruit/vegetables daily
- Limit juice/ensure adequate calcium intake

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Establish consistent bedtime routine
- Encourage outdoor play for 1 hour/day

### Safety

- During sports wear protective gear at all times
- Continued use of booster seat in back seat of car until 4ft 9in or 8 years old
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Get to know child's friends and their parents
- Lock up guns
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the door/telephone
- Teach self-safety for personal privacy
- Teach street safety/running after balls/crossing street/riding bicycle/boarding bus
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 9 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying
- Computer use/safety

### Development and Behavior

- Promote self-responsibility
- Discuss puberty and physical changes/sexuality
- Encourage constructive conflict resolution, demonstrate anger management at home
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of accomplishment and increase self-confidence
- Limit TV/computer time to 2 hours/day
- Discuss school activities and school work
- Provide space/time for homework/personal time

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Healthy weight
- Importance of breakfast
- 5 servings fruit/vegetables daily
- Limit juice/ensure adequate calcium intake

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Establish personal hygiene routine
- Encourage outdoor play for 1 hour/day

### Safety

- During sports wear protective gear at all times
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Discuss drug/tobacco/alcohol use and peer pressure
- Get to know child's friends and their parents
- Lock up guns
- Promote use of seat belt and ride in back seat until 12 (13) years old
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach self-safety if feeling unsafe at friend's home/car, answer the door/telephone when adult not home, personal body privacy
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 10 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying
- Computer use/safety

### Development and Behavior

- Promote self-responsibility
- Discuss puberty and physical changes/sexuality
- Encourage constructive conflict resolution, demonstrate anger management at home
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of accomplishment and increase self-confidence
- Limit TV/computer time to 2 hours/day
- Get to know child's friends and their parents
- Discuss school activities and school work
- Provide space/time for homework/personal time

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Healthy weight
- Importance of breakfast
- 5 servings fruit/vegetables daily
- Limit juice/ensure adequate calcium intake

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Establish personal hygiene routine
- Encourage outdoor play for 1 hour/day

### Safety

- During sports wear protective gear at all times
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Discuss drug/tobacco/alcohol use and peer pressure
- Lock up guns
- Promote use of seat belt and ride in back seat until 12 (13) years old
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach self-safety if feeling unsafe at friend's home/car, answer the door/telephone when adult not home, personal body privacy
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 11 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying

### Development and Behavior

- Discuss puberty and physical changes/sexuality
- Encourage constructive conflict resolution, demonstrate anger management at home
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
- Limit TV/computer time to 2 hours/day
- Discuss school activities and school work
- Provide space/time for homework/personal time

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Importance of breakfast
- Healthy weight
- Eating behaviors
- Ensure adequate calcium and vitamin D

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Encourage personal hygiene routine
- Encourage physical activity for 1 hour/day

### Safety

- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Discuss drug/tobacco/alcohol use and peer pressure
- Do not allow riding in a car with teens who use alcohol/drugs
- Get to know child's friends and their parents
- Lock up guns, enroll in gun safety class if interested
- Promote use of seat belt and ride in back seat until 12 (13) years old
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality/appropriate after-school care
- Supervise when near or in water even if child knows how to swim
- Teach self-safety if feeling unsafe at friend's home/car, answer the door/telephone when adult not home, personal body privacy
- During sports wear protective gear at all times
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 12 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying

### Development and Behavior

- Discuss puberty and physical changes/sexuality
- Encourage constructive conflict resolution, demonstrate anger management at home
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
- Limit TV/computer time to 2 hours/day
- Discuss school activities and school work
- Provide space/time for homework/personal time

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Importance of breakfast
- Healthy weight
- Eating behaviors
- Ensure adequate calcium and vitamin D

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Encourage personal hygiene routine
- Encourage physical activity for 1 hour/day

### Safety

- Develop a family plan for exiting house in a fire/ establish meeting place after exit
- Discuss drug/tobacco/alcohol use and peer pressure
- Do not allow riding in a car with teens who use alcohol/drugs
- Get to know child's friends and their parents
- Lock up guns, enroll in gun safety class if interested
- Promote use of seat belt and ride in back seat until 12(13) years old
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality/appropriate after-school care
- Supervise when near or in water even if child knows how to swim
- Teach self-safety if feeling unsafe at friend's home/car, answer the door/telephone when adult not home, personal body privacy
- During sports wear protective gear at all times
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 13 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying

### Development and Behavior

- Discuss puberty and physical changes/sexuality
- Encourage constructive conflict resolution, demonstrate anger management at home
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
- Limit TV/computer time to 2 hours/day
- Discuss school activities and school work
- Provide space/time for homework/personal time
- Pregnancy/STI prevention
- Self-breast/testicular exam

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Importance of breakfast
- Healthy weight
- Eating behaviors
- Ensure adequate calcium and vitamin D

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Encourage personal hygiene routine
- Encourage physical activity for 1 hour/day

### Safety

- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Discuss drug/tobacco/alcohol use and peer pressure
- Discuss family expectations concerning dating/sexual contact/abstinence/substance use/peer pressure
- Do not ride in a car with teens who use alcohol/drugs
- During sports wear protective gear at all times
- Get to know teen's friends and their parents
- Lock up guns, enroll in gun safety class if interested
- Promote use of seat belt
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality/appropriate after-school care
- Teach self-safety if feeling unsafe at friend's home/car, answer the door/telephone when adult not home, personal body privacy
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 14 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying

### Development and Behavior

- Discuss puberty and physical changes/sexuality
- Encourage constructive conflict resolution, demonstrate anger management at home
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
- Limit TV/computer time to 2 hours/day
- Pregnancy/STI prevention
- Self-breast/testicular exam
- Discuss school activities and school work
- Provide space/time for homework/personal time
- Discuss family expectations concerning dating/sexual contact/abstinence/substance use/peer pressure

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Importance of breakfast
- Healthy weight
- Eating behaviors
- Ensure adequate calcium and vitamin D

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Encourage personal hygiene routine
- Encourage physical activity for 1 hour/day

### Safety

- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Discuss drug/tobacco/alcohol use and peer pressure
- Do not ride in a car with teens who use alcohol/drugs
- During sports wear protective gear at all times
- Get to know teen's friends and their parents
- Lock up guns, enroll in gun safety class if interested
- Promote use of seat belt
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality/appropriate after-school care
- Teach self-safety if feeling unsafe at friend's home/car, answer the door/telephone when adult not home, personal body privacy
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 15 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying
- Get to know teen's friends and their parents

### Development and Behavior

- Discuss family expectations concerning dating/sexual contact/abstinence/substance use/peer pressure
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
- Limit TV/computer time to 2 hours/day
- Pregnancy/STI prevention
- Self-breast/testicular exam
- Discuss nonviolent conflict resolution, demonstrate anger management at home
- Discuss school activities and school work
- Encourage independent decision-making skills/thinking through steps of a project/encourage involvement in family decisions
- Establish an agreed-on curfew, after-school activities
- Establish self-responsibility for homework completion
- Observe for signs of depression/anxiety or other mental health issues
- Provide space/time for homework/personal time

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Promote healthy weight
- Importance of breakfast
- Eating behaviors
- Ensure adequate calcium and vitamin D

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Encourage physical activity for 1 hour/day
- Use of hearing protection

### Safety

- Discuss self-safety in stalking/abusive relationship/bullying
- Do not ride in a car if use of alcohol/drugs involved
- During sports wear protective gear at all times
- Lock up guns, enroll in gun safety class if interested
- Promote use of seat belt
- Provide information about sexuality/risks involved in sexual activity
- Teach self-safety at friend's home/car and how to exit situation
- Discuss tobacco use
- Discuss drug/tobacco/alcohol use and peer pressure
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 16 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying
- Get to know teen's friends and their parents

### Development and Behavior

- Discuss family expectations concerning dating/sexual contact/abstinence/substance use/peer pressure
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
- Limit TV/computer time to 2 hours/day
- Pregnancy/STI prevention
- Self-breast/testicular exam
- Discuss nonviolent conflict resolution, demonstrate anger management at home
- Discuss school activities and school work
- Encourage independent decision-making skills/thinking through steps of a project/encourage involvement in family decisions
- Establish an agreed-on curfew, after-school activities
- Establish self-responsibility for homework completion
- Observe for signs of depression/anxiety or other mental health issues
- Provide space/time for homework/personal time

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Promote healthy weight
- Importance of breakfast
- Eating behaviors
- Ensure adequate calcium and vitamin D

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Encourage physical activity for 1 hour/day
- Use of hearing protection

### Safety

- Discuss self-safety in stalking/abusive relationship/bullying
- Do not ride in a car if use of alcohol/drugs involved
- During sports wear protective gear at all times
- Lock up guns, enroll in gun safety class if interested
- Promote use of seat belt
- Provide information about sexuality/risks involved in sexual activity
- Teach self-safety at friend's home/car and how to exit situation
- Discuss tobacco use
- Discuss drug/tobacco/alcohol use and peer pressure
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 17 Year Checkup

### Family

- Discuss additional help with teacher if there are concerns/bullying
- Get to know teen's friends and their parents

### Development and Behavior

- Discuss family expectations concerning dating/sexual contact/abstinence/substance use/peer pressure
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
- Limit TV/computer time to 2 hours/day
- Pregnancy/STI prevention
- Self-breast/testicular exam
- Discuss nonviolent conflict resolution, demonstrate anger management at home
- Discuss school activities and school work
- Encourage independent decision-making skills/thinking through steps of a project/encourage involvement in family decisions
- Establish an agreed-on curfew, after-school activities
- Establish self-responsibility for homework completion
- Observe for signs of depression/anxiety or other mental health issues
- Provide space/time for homework/personal time

### Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Promote healthy weight
- Importance of breakfast
- Eating behaviors
- Ensure adequate calcium and vitamin D

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Encourage physical activity for 1 hour/day
- Use of hearing protection

### Safety

- Discuss self-safety in stalking/abusive relationship/bullying
- Do not ride in a car if use of alcohol/drugs involved
- During sports wear protective gear at all times
- Lock up guns, enroll in gun safety class if interested
- Promote use of seat belt
- Provide information about sexuality/risks involved in sexual activity
- Teach self-safety at friend's home/car and how to exit situation
- Discuss tobacco use
- Discuss drug/tobacco/alcohol use and peer pressure
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 18 Year Checkup

### Family

- Support young adult when they need help

### Development and Behavior

- Transition to adulthood for health, social and work matters
- Avoid alcohol/drugs/tobacco/steroid use
- Manage conflict resolution in constructive/nonviolent manner
- Before becoming sexually active, obtain information on protection against STDs/pregnancy
- Adhere to agreed-on curfew, after-school/work activities
- Attend school/work on time
- Continue chores as participant in family support
- Make decisions about education/work training with help of family
- Practice independent decision skills/problem solving, making decision to engage in sexual activity
- Signing consents for health/legal matters
- Stay connected with family and discuss questions/fears with them as needed

### Nutrition

- Eat nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Focus on healthy weight
- Make healthy food decisions

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Engage in physical activity for 1 hour/day
- Self-breast/testicular exam
- Recognize signs of depression/anxiety or other mental health issues and discuss with parents/trusted adult/doctor if needed
- Pregnancy/STI prevention

### Safety

- Enroll in gun safety class if interested
- Lock up guns for safety of others in household
- No driving/riding in a car if use of alcohol/drugs involved
- Self-safety in stalking/abusive relationship/bullying
- Use seat belt for self at all times and all others in the car when driving
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 19 Year Checkup

### Family

- Support young adult when they need help

### Development and Behavior

- Transition to adulthood for health, social and work matters
- Avoid alcohol/drugs/tobacco/steroid use
- Manage conflict resolution in constructive/nonviolent manner
- Before becoming sexually active, obtain information on protection against STDs/pregnancy
- Adhere to agreed-on curfew, after-school/work activities
- Attend school/work on time
- Continue chores as participant in family support
- Make decisions about education/work training with help of family
- Practice independent decision skills/problem solving, making decision to engage in sexual activity
- Signing consents for health/legal matters
- Stay connected with family and discuss questions/fears with them as needed

### Nutrition

- Eat nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Focus on healthy weight
- Make healthy food decisions

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Engage in physical activity for 1 hour/day
- Self-breast/testicular exam
- Recognize signs of depression/anxiety or other mental health issues and discuss with parents/trusted adult/doctor if needed
- Pregnancy/STI prevention

### Safety

- Enroll in gun safety class if interested
- Lock up guns for safety of others in household
- No driving/riding in a car if use of alcohol/drugs involved
- Self-safety in stalking/abusive relationship/bullying
- Use seat belt for self at all times and all others in the car when driving
- Use of helmet when riding bicycle, skating etc.



## Anticipatory Guidance - 20 Year Checkup

### Family

- Support young adult when they need help

### Development and Behavior

- Transition to adulthood for health, social and work matters
- Manage conflict resolution in constructive/nonviolent manner
- Avoid alcohol/drugs/tobacco/steroid use
- Before becoming sexually active, obtain information on protection against STDs/pregnancy
- Adhere to agreed-on curfew, after-school/work activities
- Attend school/work on time
- Continue chores as participant in family support
- Make decisions about education/work training with help of family
- Practice independent decision skills/problem solving, making decision to engage in sexual activity
- Signing consents for health/legal matters
- Stay connected with family and discuss questions/fears with them as needed

### Nutrition

- Eat nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Focus on healthy weight
- Make healthy food decisions

### Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Engage in physical activity for 1 hour/day
- Pregnancy/STI prevention
- Recognize signs of depression/anxiety or other mental health issues and discuss with parents/trusted adult/doctor if needed
- Self-breast/testicular exam

### Safety

- Enroll in gun safety class if interested
- Lock up guns for safety of others in household
- No riding in a car if use of alcohol/drugs involved
- Self-safety in stalking/abusive relationship/bullying
- Use seat belt for self at all times and all others in the car when driving
- Use of helmet when riding bicycle, skating etc.