

RECOMMENDATIONS FOR ANTICIPATORY GUIDANCE

<u>AGES</u>	<u>2-4 DAYS</u>	<u>1 MONTH</u>	<u>2 MONTHS</u>
NUTRITION and EXERCISE	Breast or formula Feeding frequency - amount	Breastfeeding/Formula exclusive	Breastfeeding/Formula exclusive
DENTAL HEALTH	Early dental decay	Early dental decay	Early dental decay
ACCIDENT/INJURY PREVENTION	Supine sleeping position Injury prevention/ “Babyproofing” Safety with siblings and pets Drowning prevention Car seat/Auto safety “Shaken baby syndrome”	Supine sleeping position Injury prevention/ “Babyproofing” Safety with siblings and pets Drowning prevention/ Sun safety Car seat/Auto safety “Shaken baby syndrome”	Supine sleeping position Injury prevention/ “Babyproofing” Safety with siblings and pets Drowning prevention/ Sun safety Car seat/Auto safety “Shaken baby syndrome”
HEALTH AWARENESS/SAFETY HABITS	Signs of illness Temperature taking, when to contact doctor, Emergency/911 Passive smoke Parenting practices “Safe at home” Potential for abuse	Signs of illness Temperature taking, when to contact doctor Emergency/911 Passive smoke Parenting practices “Safe at home” Potential for abuse Child care safety Limit TV/Video exposure	Signs of illness Emergency/911 Passive smoke Parenting practices “Safe at home” Potential for abuse Child care safety Limit TV/Video exposure
PSYCHOSOCIAL ISSUES	Postpartum adjustment Family involvement Parent/Infant attachment	Postpartum adjustment Family involvement Parent/Infant attachment	Postpartum adjustment Family involvement Parent/Infant attachment
FOR ADDITIONAL INFORMATION	Literature on Child Development Next Appointment	Literature on Child Development Next Appointment	Literature on Child Development Next Appointment

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<u>AGES</u>	<u>FIFTEEN MONTHS</u>	<u>EIGHTEEN MONTHS</u>	<u>TWENTY FOUR MONTHS</u>
NUTRITION and EXERCISE	Nutrition/ Exercise	Nutrition/Exercise/Vitamins	Nutrition/Exercise/Vitamins
DENTAL HEALTH	Dental caries prevention	Dental caries prevention	Dental caries prevention/ Dental care Discontinue pacifier use
ACCIDENT/INJURY PREVENTION	Sleep practices Injury prevention/ “Childproofing” Drowning prevention/ Sun safety Car seat/auto safety Fire safety	Sleep practices Injury prevention/ “Childproofing” Safety with siblings and pets Drowning/Sun safety Car seat/Auto safety Fire Safety Violence prevention/ Gun safety	Injury prevention/ “Childproofing” Poisonous plant awareness Safety with siblings and pets Drowning prevention/ Sun safety Car seat/Auto safety Fire safety/ Burns Violence prevention/ Gun safety
HEALTH AWARENESS/SAFETY HABITS	Emergency/911 Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Time with parents/ Reading Limit TV/Video exposure	Emergency/911 Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Time with parents/Reading Limit TV/Video exposure	Emergency/911 Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Toilet training Read to child Limit TV/Video exposure
PSYCHOSOCIAL ISSUES	Sibling interactions Family functioning Parental adjustment Social interactions/ Expectations	Sibling interactions Family functioning Social interactions/ Expectations Limit setting	Family involvement Fears and phobias Peer companionship Self control Sexual self-awareness
FOR ADDITIONAL INFORMATION	Literature on Child Development Next Appointment	Literature on Child Development Next Appointment	Literature on Child Development Next Appointment

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AGES	THREE YEARS	FOUR YEARS	FIVE YEARS	SIX YEARS
NUTRITION and EXERCISE	Nutrition/ Exercise/Vitamins	Good nutrition/Exercise	Good nutrition/Exercise	Good nutrition/Exercise
DENTAL HEALTH	Dental care	Dental care	Dental care	Dental care
ACCIDENT/INJURY PREVENTION	Injury prevention/ “Childproofing” Poisonous plant awareness Safety with siblings and pets Drowning prevention/ Sun safety Car seat/Auto safety Sport/Bike helmet use Violence prevention/Gun safety Pedestrian/Traffic safety	Drowning/ Sun safety Car seat/Auto safety Sport bike/Helmet use Sports/ Injury prevention Violence prevention/ Gun safety Fire safety	Drowning/Sun safety Car seat/Auto safety Sport bike/Helmet use Sports/Injury prevention Violence prevention/ Gun safety Fire safety	Drowning/Sun safety Car seat or seat belt/ Auto safety Sport bike/Helmet use Sports/Injury prevention Violence prevention/ Gun safety Fire safety
HEALTH AWARENESS/ SAFETY HABITS	Emergency/911 Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Reading/Preschool Toilet training Limit TV/Video Exposure Discourage Thumb sucking	Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Toileting habits Reading to child/Preschool Limit TV/Internet use	Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Toileting habits Reading to child/ School readiness Limit TV/Video/ Internet use	Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Toileting habits Reading with child Limit TV/Video/ Internet use
PSYCHOSOCIAL ISSUES	Family involvement Limits/Consequences Social interactions/ Expectations Sexual self-awareness Peer companionship	Social interaction Family functioning Self control	Social interaction Family dynamics Self control	Social interaction Age-appropriate behavior Family functioning Self control
FOR ADDITIONAL INFORMATION	Literature on Child Development Next Appointment	Literature on Child Development Next Appointment	Literature on Child Development Next Appointment	Literature on Child Development Next Appointment

RECOMMENDATIONS FOR ANTICIPATORY GUIDANCE

AGES	7-8 YEARS	9-10 YEARS	11,12 YEARS
NUTRITION and EXERCISE	Good nutrition/Exercise	Good nutrition/ Exercise	Good nutrition/Exercise
DENTAL HEALTH	Dental care/ Flossing/Self care	Dental/ Flossing/Self care	Dental/ Flossing/Self care
ACCIDENT/INJURY PREVENTION	Drowning/Sun safety Seat belt/Auto safety Sport bike/Helmet use Sports/Injury prevention Violence prevention/Gun safety	Drowning/Sun safety Seat belt/Auto safety Sport bike/Helmet use Sports/Injury prevention Violence prevention/Gun safety	Drowning/Sun safety Seat belt/Auto safety Sport bike/Helmet use Sports/Injury prevention Violence prevention/Gun safety
HEALTH AWARENESS/ SAFETY HABITS	Passive smoke Parenting advice “Safe at home” Potential for abuse Afterschool/ Child care issues Sex education Limit TV/V/Video/Internet use Tobacco/Alcohol/Drugs/ Inhalants	Passive smoke Parenting advice “Safe at home” Potential for abuse Afterschool/Child care issues Sex education Education goals/Activities Limit TV/V/Video/Internet use Tobacco/Alcohol/Drugs/Inhalants Peer refusal skills/Gangs	Passive smoke Parenting advice “Safe at home” Sexual education/ Counseling Education goals/Activities Limit TV/Internet use Tobacco/Alcohol/Drugs/Inhalants Peer refusal skills/Gangs
PSYCHOSOCIAL ISSUES	Social interaction Age-appropriate behavior Family functioning Self control Depression/Anxiety Conflict resolution skills	Social interaction Family functioning Self control Depression/Anxiety Conflict resolution skills	Social interaction Family functioning Self control Depression/Anxiety Conflict resolution skills
FOR ADDITIONAL INFORMATION	Literature on Child Development Next Appointment	Literature on Child Development Next Appointment	Literature on Child/Adolescent Development Next Appointment

RECOMMENDATIONS FOR ANTICIPATORY GUIDANCE

AGES	13,14 YEARS	15,16,17 YEARS	18,19,20 YEARS
NUTRITION and EXERCISE	Good nutrition/Exercise	Good nutrition/Exercise	Good Nutrition/Exercise
DENTAL HEALTH	Dental/ Flossing/Self care	Dental/ Flossing/Self care	Dental/ Flossing/Self care
ACCIDENT/INJURY PREVENTION	Drowning/Sun safety Seat belt/ Driving safety Sport bike/Helmet use Sports/Injury prevention Violence prevention/Gun safety	Drowning/Sun safety Seat belt/Driving safety Sport bike/Helmet use Sports/Injury prevention Violence prevention/Gun safety	Drowning/Sun safety Seat belt/Driving safety Sport bike/Helmet use Sports/Injury prevention Violence Prevention/Gun safety
HEALTH AWARENESS/ SAFETY HABITS	Parenting advice “Safe at home” Sexual education/Counseling Education goals/Activities Limit TV/Internet use Tobacco/Alcohol/Drugs/Inhalants Peer refusal skills/Gangs	Parenting advice “Safe at home” Sexual Education/Counseling Breast/Testicular Self Exam Education goals/Activities Limit TV/Internet Use Tobacco/Alcohol/Drugs/Inhalants Peer refusal skills/Gangs	Parenting advice “Safe at home” Sex Education/Counseling Breast/Testicular self exam Education goals/Activities Limit TV/Internet Use Tobacco/Alcohol/Drugs/Inhalants Peer refusal skills
PSYCHOSOCIAL ISSUES	Social interaction Family functioning Self control Depression/Anxiety Conflict resolution skills	Social interaction Family functioning Self control Depression/Anxiety Conflict resolution skills Special Needs: Transition planning (start at age 16)	Social interaction Family functioning Self control Depression/Anxiety Special Needs: Transition Planning
FOR ADDITIONAL INFORMATION	Literature on Child/Adolescent Development Next Appointment	Literature on Child/Adolescent Development Next Appointment	Next Appointment Transition to Internist/ Family Practice/GP