

## 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	<b>Breastfeeding/Formula exclusive</b>	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/ <b>Sun safety</b> 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 <b>Child care safety</b> <b>Limit TV/Video exposure</b>	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 <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>

## RECOMMENDATIONS FOR ANTICIPATORY GUIDANCE

<u>AGES</u>	<u>FOUR MONTHS</u>	<u>SIX MONTHS</u>	<u>NINE MONTHS</u>	<u>TWELVE MONTHS</u>
NUTRITION and EXERCISE	<b>May introduce baby food slowly</b>	<b>Finger foods</b> <b>Introduce cup use</b>	Finger Foods/ <b>Self-feeding</b> <b>Transition to cup</b>	<b>Nutrition</b> /Self-feeding Transition to cup
DENTAL HEALTH	Early dental decay	<b>Teething</b> / Early dental decay	Early dental decay	<b>Dental caries prevention</b>
ACCIDENT/INJURY PREVENTION	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”	<b>Sleep practices</b> Injury prevention/ “Babyproofing”/ <b>Poison control no.</b> Safety with siblings and pets Drowning prevention/ Sun safety Car seat/Auto safety ”Shaken baby syndrome”	Sleep practices “Babyproofing”/ Poison Control no. Safety with siblings and pets Drowning/ Sun safety Car seat/Auto safety
HEALTH AWARENESS/ SAFETY HABITS	Signs of Illness Emergency/911 Passive smoke Parenting practices “Safe at home” Potential for abuse Child care safety Limit TV/Video exposure	Emergency/911 Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Limit TV/Video exposure	Emergency/911 Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Limit TV/Video exposure <b>Time with parents/Reading</b>	Emergency/911 Passive smoke “Safe at home” Parenting advice Potential for abuse Child care safety Limit TV/Video exposure Time with parents/Reading
PSYCHOSOCIAL ISSUES	Postpartum adjustment Family involvement Parent/Infant attachment <b>Fears and phobias</b>	Family involvement <b>Interactions with parents</b> <b>Parental/Sibling adjustment</b> Fears and phobias	Family involvement Interactions with parents <b>Stranger awareness</b> <b>Sibling interactions</b> <b>Parental adjustment</b> <b>Family functioning</b>	Stranger Awareness <b>Social Interactions/ Expectations</b> Sibling interactions Family functioning Parental adjustment
FOR ADDITIONAL INFORMATION	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>

## RECOMMENDATIONS FOR ANTICIPATORY GUIDANCE

<u>AGES</u>	<u>FIFTEEN MONTHS</u>	<u>EIGHTEEN MONTHS</u>	<u>TWENTY FOUR MONTHS</u>
NUTRITION and EXERCISE	Nutrition/ <b>Exercise</b>	Nutrition/Exercise/Vitamins	Nutrition/Exercise/Vitamins
DENTAL HEALTH	Dental caries prevention	Dental caries prevention	Dental caries prevention/ <b>Dental care</b> <b>Discontinue pacifier use</b>
ACCIDENT/INJURY PREVENTION	Sleep practices Injury prevention/ “Childproofing” Drowning prevention/ Sun safety Car seat/auto safety <b>Fire safety</b>	Sleep practices Injury prevention/ “Childproofing” Safety with siblings and pets Drowning/Sun safety Car seat/Auto safety Fire Safety <b>Violence prevention/</b> <b>Gun safety</b>	Injury prevention/ “Childproofing” Poisonous plant awareness Safety with siblings and pets Drowning prevention/ Sun safety Car seat/Auto safety Fire safety/ <b>Burns</b> 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 <b>Toilet training</b> 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 <b>Limit setting</b>	Family involvement <b>Fears and phobias</b> <b>Peer companionship</b> <b>Self control</b> <b>Sexual self-awareness</b>
FOR ADDITIONAL INFORMATION	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>

## RECOMMENDATIONS FOR ANTICIPATORY GUIDANCE

<u>AGES</u>	<u>THREE YEARS</u>	<u>FOUR YEARS</u>	<u>FIVE YEARS</u>	<u>SIX YEARS</u>
NUTRITION and EXERCISE	Nutrition/ Exercise/Vitamins	<b>Good</b> 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 <b>or seat belt</b> / 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 <b>Reading/Preschool</b> Toilet training Limit TV/Video Exposure <b>Discourage Thumb sucking</b>	Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety <b>Toileting habits</b> Reading <b>to child</b> /Preschool <b>Limit TV/Internet use</b>	Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Toileting habits Reading to child/ <b>School readiness</b> <b>Limit TV/Video/Internet use</b>	Passive smoke Parenting advice “Safe at home” Potential for abuse Child care safety Toileting habits Reading <b>with child</b> Limit TV/Video/ Internet use
PSYCHOSOCIAL ISSUES	Family involvement <b>Limits/Consequences</b> <b>Social interactions/Expectations</b> Sexual self-awareness Peer companionship	<b>Social interaction</b> <b>Family functioning</b> <b>Self control</b>	Social interaction <b>Family dynamics</b> Self control	Social interaction <b>Age-appropriate behavior</b> <b>Family functioning</b> Self control
FOR ADDITIONAL INFORMATION	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>

## RECOMMENDATIONS FOR ANTICIPATORY GUIDANCE

<u>AGES</u>	<u>7-8 YEARS</u>	<u>9-10 YEARS</u>	<u>11,12 YEARS</u>
NUTRITION and EXERCISE	Good nutrition/Exercise	<b>Good nutrition</b> /Exercise	Good nutrition/Exercise
DENTAL HEALTH	Dental care/ <b>Flossing</b> / <b>Self care</b>	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 <b>Afterschool</b> /Child care issues <b>Sex education</b> Limit TV/Video/Internet use <b>Tobacco/Alcohol/Drugs/ Inhalants</b>	Passive smoke Parenting advice “Safe at home” Potential for abuse Afterschool/Child care issues Sex education <b>Education goals/Activities</b> Limit TV/Video/Internet use Tobacco/Alcohol/Drugs/Inhalants <b>Peer refusal skills/Gangs</b>	Passive smoke Parenting advice “Safe at home” Sexual education/ <b>Counseling</b> 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 <b>Depression/Anxiety</b> <b>Conflict resolution skills</b>	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 <b>Next Appointment</b>	Literature on Child Development <b>Next Appointment</b>	Literature on Child/Adolescent Development <b>Next Appointment</b>

## RECOMMENDATIONS FOR ANTICIPATORY GUIDANCE

<u>AGES</u>	<u>13,14 YEARS</u>	<u>15,16,17 YEARS</u>	<u>18,19,20 YEARS</u>
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/ <b>Driving</b> 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 <b>Breast/Testicular Self Exam</b> 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 <b>Special Needs: Transition planning (start at age 16)</b>	Social interaction Family functioning Self control Depression/Anxiety <i>Special Needs: Transition Planning</i>
FOR ADDITIONAL INFORMATION	Literature on Child/Adolescent Development <b>Next Appointment</b>	Literature on Child/Adolescent Development <b>Next Appointment</b>	<b>Next Appointment Transition to Internist/ Family Practice/GP</b>