Appendix
Consolidated Bright Futures Recommendations by Category

*Denotes an actionable items that has been condensed and/or included in the Service Interval Diagram

**Screening**
- NB*
- BP universal*
- BP selective*
- Vision universal*
- Vision selective*
- Hearing universal*
- Hearing selective*
- TB selective*
- Lead universal*
- Lead selective*
- Anemia universal*
- Anemia selective*
- Oral health universal*
- Oral health selective*
- Developmental universal*
- Autism universal*
- Dyslipidemia universal*
- Dyslipidemia selective*
- STIs selective*
- Alcohol, drug use, selective*
- Cervical dysplasia selective*
- Pregnancy selective*

**Injury Prevention / Safety / Risk Reduction**
- Back to sleep, safe sleep*
- Car seat/Booster seat/Safety belts*
- Non-restrained related car safety*
- Helmet use*
- Gun safety*
- Outdoor safety*
- Drowning*
- Swimming safety*
- Fall*
- Choking *
- Strangulation*
- Fire safety*
- Burn / scald*
- Poisoning*
- Emergency preparedness (CPR)*
- Sexual abuse prevention*
- Shaken baby prevention*
- Tobacco smoke exposure
- Home safety
- Hot liquids
- Walkers
- Lead poisoning
- Window safety
- Parent use of safety belts
- Water safety
- Pets

**Pediatric Safety**
- Supervision
- Co detectors/alarms
- Knowing child’s friends and their families
- Supervision with friends
- Playground safety
- Sports safety
- Sunscreen
- Monitoring of computer use
- Bicycle safety
- Tobacco/alcohol/drugs
- Pregnancy

**STIs**
- Substance abuse and riding in vehicle
- Interpersonal violence (fights)
- Driving and substance abuse
- Interpersonal violence (dating violence)
- Interpersonal violence (stalking)

**Nutrition**
- Feeding guidance (breastfeeding)*
- Feeding guidance (formula)*
- Infant nutrition
- adequacy/hydration/ jaundice *
- Infant supplements*
- Solid food introduction*
- Nutritious content*
- Feeding initiation
- Hunger / satiation cues
- Feeding strategies for baby
- Feeding frequency (growth spurts)
- Feeding choices
- Feeding strategies for child
- Use of a clean pacifier
- Self-feeding
- Mealtime routines
- Cup drinking (plans for weaning)
- Choices
- Grazing
- Healthy weight
- Appropriate well-balanced diet
- Increased fruit, vegetable and whole-grain
- Consumption
- Adequate calcium intake
- Appropriate food intake
- Water instead of soda or juice
- Weight concerns
- Body image
- Importance of breakfast

**Lifestyle Guidance**
- Sleep routine*
- Toilet Training*
- Personal hygiene*
- TV time limit*
- Drug prevention*
- Physical Activity*
- Oral health*
- Maternal oral health
- Use of a clean pacifier
- Teething / drooling
- Fluoride
- First dental checkup
- Bottle usage
- Daily routines that promote health
- Activities outside the home
- Community projects
- Educational programs
- Relating to peers and adults
- Domestic violence
- 60 minutes of exercise a day
- Regular visits with dentist
- Adequate fluoride
- Adequate physical activity in organized sports/after-school programs/fun activities
- Daily brushing and flossing

**Family Function**
- Family support
- Maternal wellness
- Transition
- Sibling relationships
- Family resources
- Parent roles
- Domestic violence
- Community resources
- Parent-infant separation (return to work/school)
- Child care
- Parental responses to infant
- Discipline (parenting expectations, consistency, behavior management)
- Cultural beliefs about child-rearing
- Family functioning
- Adjustment to child’s developmental changes and behavior
- Family-work balance
- Parental agreement/disagreement about child issues
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Family time
Bedtime
Nap times
Night waking
Parental well being
Adjustment to toddler’s growing
independence and occasional
negativity
Queries about a new sibling planned
or on the way
Parental consistency
Day and evening routines
Enjoyable family activities
Family decisions
Sibling rivalry

School Guidance / Readiness
Readiness for early childhood
programs, playgroups or playdates
Structured learning experiences
Opportunities to socialize with other
children
Fears
Friends
Fluency
Established routines
After-school care and activities
Parent-teacher communication
Maturity
Management of disappointments
Adaptation to school
School problems (behavior or
learning issues)
School performance
Bullying
Involvement in school activities and
after school programs
Parental involvement
IEP or special education services
Homework
Connectedness with family, peers and
community
Interpersonal relationships

Parental (Maternal) well-being
Health and depression
Family stress
Uninvited advice
Maternal postpartum checkup
Family support
Substance abuse (parental)
Return to work / school
Sibling relationships

Child mental health
Routines
Temper problems
Social Interactions
Independence
Self-esteem
Establishing rules and consequences
Managing and resolving conflicts
Emotional security and self-esteem
Setting reasonable limits
Friends
Readiness for middle school
Coping
Mood regulation and mental health
Sexuality

Infant care
Infant Care
Skin care
Illness prevention (hand washing,
outings)
Introduction to practice / early
intervention referrals
When to call (temperature taking)

Discipline/Behavior
Conflict predictors
Distraction
Praise accomplishments
Consistency
Sensitivity
Approachability
Adaptability
Intensity

Growth and Development

General
Parent child relationship
Daily routines
Developmental changes
Communication
Parent expectations (parents as
teachers)
Cognitive development
Promotion of physical activity and
safe play
Physical and oral health
Health eating

Infant
Infant capabilities
Sleep / wake states (calming)
Crying
Infant self-regulation
State modulation

Early developmental referrals
Emerging infant independence
Changing sleep pattern
Developmental mobility
Separation

Early Childhood
Individuation
Attention to how child communicates
Wants and interests
Signs of shared attention
Adaptation to non-parental care
and anticipation of return to clinging
Other changes connected with new
cognitive gains
Encouragement of language
Use of simple words and phrases
Engagement in
reading/singing/talking
Expectations for language
Play with other children
Limited reciprocal play
Imitation of others
School Age
Singing
Talking
Describing
Observing
Interactive games
Play opportunities
Limits on inactivity
Puberty/pubertal development
Body image