

Bright Futures Talking with Parents about Child Health

Course Length 1 ½ hours, depending upon length of discussions and small groups.

Objectives:

Participants will:

- Have a better understanding of the importance of well child visits and what they are recommended to include.
- Be aware of how child care providers can support parents in accessing well child care for their children
- Become more confident in discussing child development and health with parents
- Learn ways to use the Bright Futures Encounter Forms for Families

Handouts:

Bright Futures Encounter Forms for Families copy with Toolkit, can be xeroxed for class distribution.

Materials Needed:

Overhead Projector

Flip Charts

Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents-Encounter Forms For Families

Highlighters, one for each pair of participants

Instructor Enrichment

Green M, Palfrey JS, eds. 2002. *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* (2nd ed., rev.). Arlington, VA: National Center for Education in Maternal and Child Health.

Green M, Palfrey JS, Clark EM, Anastasi JM. Eds. 2001. *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents* (2nd ed.) Pocket Guide-2001 Update.

National Center for Education in Maternal and Child Health. 2000. *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents-Encounter Forms For Families*, Second Edition. Arlington, VA: National Center for Education in Maternal and Child Health.

Materials availability:

To access Bright Futures Encounter Forms for Families:

1. Download and print from the Bright Futures web site: www.brightfutures.org, OR
2. Order from the Bright Futures web site: www.brightfutures.org or from the American Academy of Pediatrics web site: www.aap.org.
3. Contact the Bright Futures project at the University of Washington, Jean Myers, CHDD, UW, Box 357920, Seattle, WA 98195-7920, 206-685-1354, jm9@u.washington.edu.

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These materials are adapted from Green M, Palfrey JS, eds. 2000. *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*, Second Edition. Arlington, VA: National Center for Education in Maternal and Child Health

Activity	Process	Time	Materials
Welcome	Welcome and Introductions	5 min.	
Opening Discussion	<p>Setting the stage: Ask the audience to talk about well child care. Ask “What is it and why is it important?” Participants may want to share their experiences taking a child to the doctor or going themselves.</p>	15 min.	Flip Charts Overhead: Well Child Care
Interactive discussion	<p>Look at Bright Futures recommended schedule of Well Child visits. Allow for discussion: Ask: Can families you work with find well child care? What are some of the difficulties? Transportation? Insurance? Language? What do I, as a child care provider, have to do with well child care?/ What can child care providers do to support well child care? Collect some initial ideas, then introduce the Encounter Forms.</p>	20 min.	Overhead: Periodicity Schedule Flip chart to write down ideas from the audience
Lecture/ Interactive discussion	<p>Explain that the Encounter Forms were developed by the Bright Futures project to support well child care. How can they do that? Review and discuss overhead. Then look more closely at the form for the ___year old. Ask the audience to look at the form with you, using copies you have given them, and review each section of the form.</p>	10 min.	Overheads, “Bright Futures Encounter Forms Can Be Used:”
Practice in pairs	<p>Ask each person to find a partner. Ask one person to pretend to be the parent, and the other to be the child care provider. What are some ways to talk about the Encounter Forms for Families?</p>	10 min.	“How to Use the Bright Futures Encounter Forms for Families” Copy of Encounter Form for each participant. Copy of Encounter Form Highlighters

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Activity	Process	Time	Materials
Discussion	<p>Comments/ summary Bring the audience/participants together again. In summary,</p> <ul style="list-style-type: none"> ❑ What are some ways the Encounter Forms can be helpful? ❑ What are some ways the Encounter Forms for Families could be used in your child care setting? ❑ If you held a well child fair at your home or center, what other community members may also be interested in participating to improve children's health? <p>Return to the discussion of what child care providers can do to support well child care. Are there issues you observe about children that you may want to share with the doctor? How can you do that? Other ideas?</p>	10 min.	Flip chart

OVERHEADS