



Newborn

Infant car seat properly secured
 Crib safety
 Sleeping positions
 Water/bath safety
 Never leave baby alone, with young sibling, or pet
 Fall prevention
 Dangers of second hand smoke
 Burn prevention
 Avoid over exposure to sun
 Recognize early signs of illness
 Know what to do in case of emergency
 Infant care

1 week - Reinforce guidance from newborn visit *PLUS*

Install smoke detectors
 Preventing baby bottle tooth decay

1 month - Reinforce appropriate guidance from previous visits *PLUS*

Keep toys with small parts or other small or sharp objects out of reach
 No honey until after first birthday

2 months - Reinforce appropriate guidance from previous visits

4 months - Reinforce appropriate guidance from previous visits *PLUS*

Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, paints, paint solvents locked in a safe place out of baby’s sight and reach
 Keep sharp objects out of reach
 Do not give the infant plastic bags, balloons, or small objects such as marbles
 Use safety locks on cabinets
 Do not use an infant walker at any age

6 months - Reinforce appropriate guidance from previous visits *PLUS*

Get down on the floor and check for hazards at baby’s eye level
 Do not leave heavy objects or containers of hot liquids on tables with tablecloths that the baby may pull down
 Place plastic plugs in electrical sockets
 Discuss use of Syrup of Ipecac
 Post telephone number of Poison Control
 Install gates at the top and bottom of stairs; safety devices on windows
 Lower the crib mattress
 Avoid dangling electrical and drapery cords
 Keep pet food dishes out of reach. Do not permit the baby to approach the dog while the dog is eating
 Learn first aid and CPR
 Clean infant’s teeth with soft brush beginning with eruption of first tooth

9 months - Reinforce appropriate guidance from previous visits *PLUS*

Lower the crib mattress

12 months - Reinforce appropriate guidance from previous visits *PLUS*

Switch to a toddler car seat and make sure it is properly secured
 Put sunscreen on the toddler
 Test smoke detectors; change batteries yearly
 Turn pan handles toward back of stove
 Ensure that electric wires, outlets, and appliances are inaccessible or protected
 Keep tobacco, lighters, matches, and alcohol out of the toddler’s sight and reach
 Confine the toddler’s outside play to areas within fences and gates unless under close supervision
 Keep toddler away from moving machinery, lawn mowers, overhead garage doors, driveways, and streets
 Toddlers and parents use helmets when bicycling
 Teach child caution when approaching dogs
 Choose caregivers carefully
 Begin brushing toddler’s teeth with a tiny amount of fluoridated toothpaste

Recommended Anticipatory Guidance (ages birth to 21)

15 months - Reinforce appropriate guidance from previous visits *PLUS*

Exclude poisons, medications, and toxic household products from the home or keep them in locked cabinets; have safety caps on all medications
 Never underestimate the ability of a 15-month old to climb; ensure crib is at lowest rung
 Supervise stair climbing closely

18 months - Reinforce appropriate guidance from previous visits *PLUS*

Ensure that toddler wears life vest if boating; inflatable devices do not make a toddler safe in the water
 Never leave a toddler alone in the house or car
 Do not expect young children to supervise the toddler
 Reinforce what to do in case of falls, cuts, wounds, bites, bleeding, broken bones, etc.

2 years - Reinforce appropriate guidance from previous visits *PLUS*

Continue to use a size-appropriate car seat
 Firearm safety
 Reinforce water/pool safety
 Ensure that playgrounds are safe
 Anticipate the child’s normal curiosity about his/her body parts, including genitalia
 Use correct terms for genitalia

3 years - Reinforce appropriate guidance from previous visits *PLUS*

Know where your child is at all times; 3 year olds are too young to roam the neighborhood
 Teach the child pedestrian safety skills
 Teach the child not to talk to strangers
 Teach the child to brush his/her teeth
 Anticipate the child’s normal curiosity about differences between boys and girls
 Introduce the notion that some areas of the body are private
 Limit TV viewing

4 years - Reinforce appropriate guidance from previous visits *PLUS*

Continue to use a car seat or properly secured booster seat
 Establish and enforce rules for safe behavior
 Teach the child to swim
 Teach the child about playground safety
 Teach the child safety rules regarding strangers
 Ensure that the child brushes teeth twice a day
 Learn how to handle dental emergencies
 Explain to the child that no one should touch his/her “private parts” without permission

5 years - Reinforce appropriate guidance from previous visits *PLUS*

Role model a healthy lifestyle
 Ensure adequate sleep
 Encourage regular physical activity
 Limit TV viewing; watch TV together
 Wear seat belts in the car
 Ensure that the child is supervised before and after school in a safe environment
 Teach the child about personal care and hygiene
 Teach the child about safety rules for the home; conduct fire drills at home
 Teach the child about safety rules for getting to and from school, bicycling, playground, interacting with strangers
 Obtain picture books on sexuality for family reading

6 years - Reinforce appropriate guidance from previous visits *PLUS*

Teach the child about sports safety, including the need to wear protective sports gear
 Continue to supervise tooth brushing
 Answer questions about sexuality at a level appropriate to the child’s understanding

8 years - Reinforce appropriate guidance from previous visits *PLUS*

Supervise the child’s activities with peers
 Counsel the child about avoiding the use of alcohol, tobacco, and drugs
 Reinforce important safety considerations; anticipate that the child may make errors in judgment because he/she is trying to imitate peers
 Anticipate providing less direct supervision

Ensure that the child puts on sunscreen

Do not allow the child to operate a power mower or motorized farm equipment
 If the child receives family life education at school, discuss it with him/her
 Prepare girls for menstruation

10 years - Reinforce appropriate guidance from previous visits *PLUS*

Enforce reasonable television/music standards
 Reinforce important safety considerations; anticipate that the child may make errors in judgment due to increased risk-taking behavior
 Teach the child to avoid high noise levels, especially when using music headsets
 Helmet use for bicycling, riding a motorcycle or all-terrain vehicle, skateboards, and scooters
 Assess the child’s preparation for puberty and sexual development
 Parents of boys should prepare them for wet dreams
 Begin to teach the child that delaying sexual behavior is the surest form of protection against disease and pregnancy
 Explore the child’s understanding of sexually transmitted disease, including HIV and AIDS

12 years - Reinforce appropriate guidance from previous visits *PLUS*

Get adequate sleep
 Exercise vigorously at least three times per week
 Discuss with the health practitioner or coach athletic conditioning, weight training, fluids, and weight gain or loss
 Do not drink alcohol, especially while boating or swimming
 Wear appropriate protective gear at work and follow job safety procedures
 Do not carry or use a weapon of any kind
 Develop skills in conflict resolution, negotiation, and dealing with anger constructively
 Learn techniques to protect yourself from physical, emotional, and/or sexual abuse
 Seek help if you are physically or sexually abused or fear you are in danger
 Do not use tobacco, drink alcohol, or use drugs including diet pills or steroids
 Avoid situations where tobacco, drugs, or alcohol are easily available
 Support friends who choose not to use tobacco, alcohol, drugs including diet pills and steroids
 Identify a supportive adult who can give you accurate information about sex
 Ask your health professional any questions you have about body changes, birth control and sexually transmitted disease
 Learn ways to say no to sex
 If you do decide to have sex, use latex condoms every time and limit the number of partners

14 years - Reinforce appropriate guidance from previous visits

16 years - Reinforce appropriate guidance from previous visits *PLUS*

Wear a seat belt while driving or riding in a car; if driving, insist that your passengers wear seat belts; follow the speed limit
 Do not drink alcohol or use drugs, especially while driving, boating, or swimming; plan to have a designated driver if drinking or using drugs
 Helmet use for bicycling, riding a motorcycle or all-terrain vehicle, skateboards, and scooters
 Having sexual feelings is normal but having sex should be a well thought out decision; do not have sex if you do not want to
 If you are confused or concerned about your sexual feelings (for the same or opposite sex), talk to a trusted adult

18 years - Reinforce appropriate guidance from previous visits *PLUS*

Educate yourself about birth control, sexually transmitted diseases, gay and lesbian issues, celibacy, and other issues related to sexuality

20 years - Reinforce appropriate guidance from previous visits

Adapted from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (1994). These recommendations are intended to be guidelines. In some cases, it may be necessary to tailor the recommendations to meet the needs of the patient and their individual situation.

