



Anticipatory Guidance Provider Guide

Parent/Child Health Education for
Texas Health Steps Checkups

Your Tool for Providing Anticipatory Guidance

The *Anticipatory Guidance Provider Guide* is tailored specifically to Texas Health Steps providers for use during their patients' periodic medical checkups. It provides age-appropriate anticipatory guidance topics for children birth through 20 years of age. These topics are consistent with those included on the Texas Health Steps Child Health Clinical Record Forms, which are recommended but not required for use by Texas Health Steps providers.

Anticipatory guidance is a federally mandated component of each Texas Health Steps medical and dental checkup. Education and counseling provided during a medical checkup help the child and parent/guardian understand expected growth and development. Anticipatory guidance also serves to provide information about the benefits of healthy lifestyles and practices, as well as accident and disease prevention.

The flipchart format makes the *Anticipatory Guidance Provider Guide* easy and convenient to use during checkups. As graphics and text are designed to be child and family friendly, we encourage you to view it together with the child and parent/guardian as you cover the topics with them. Topic headings on the child and family side of the flipchart pages use simpler, more common terms and are more patient-oriented than those on the provider side.

Flexibility to Meet the Needs of Patient and Family During the Checkup

Providers are not expected to address all of the possible age-appropriate topics during a checkup. The guide is meant to support clinicians in providing patient education and to enable the patient and family to self-select what to discuss during the visit.

You are free to adapt the guide to meet their specific needs. We encourage you to individualize and prioritize the topics according to the questions or concerns they raise.

Infancy



Birth - 11 Months

Discharge to 5-Days Checkup

Family Well-Being

- Keep a usual family routine.
- Get ready for return to work/school (if planned).
- Schedule next postpartum checkup.
- Be aware of postpartum depression/family stress.
- Accept help.

Keeping Baby Safe

- Do not shake or hit baby.
- Have baby sleep in crib in room with you.
- Do not share bed with baby.
- Put baby on back in crib with no loose covers or soft bedding.
- Use a crib with slats no less than 2³/₈ inches wide.
- Do not leave baby alone in bath water.
- Keep a hand on baby when on bed or changing on table or couch and never leave alone.

- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Ensure home is safe from fire and carbon monoxide poisoning.
- Do not smoke in home or car.
- Set water heater at less than 120 degrees.
- Avoid hot liquids when holding baby.
- Choose safe, quality child care.
- Report family violence.

Healthy Feeding

- Avoid alcohol use while breastfeeding.
- Do not put baby in bed with bottle.
- Hold onto bottle, do not prop it.
- Follow breastfeeding “how to” tips.
- Store breastmilk in freezer.
- Follow label guide for mixing formula.
- Store mixed formula (for 1-day use only) in refrigerator.

- Breastfeed 8 - 12 times in 24 hours.
- Formula-feed every 3 - 4 hours.
- Do not heat milk in microwave.
- Expect 6 - 8 wet diapers a day.
- Note stool color and frequency.
- Keep track of baby’s weight gain.

Regular Care/Routines

- Clean skin, umbilical cord, circumcision.
- Clean mouth with soft cloth 2 times a day.
- Wash hands often.
- Avoid crowds.
- Take temperature by rectum.
- Follow skin care tips.
- Hold baby’s head, allow tummy time.

Healthy Progress

- Stroke head or rock gently to calm baby.
- Talk to baby with simple words, read simple stories.

Discharge to 5-Days Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Baby Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Progress

What are your main concerns today?

2-Week Checkup

Family Well-Being

- Keep a usual family routine.
- Get ready for return to work/school (if planned).
- Schedule next postpartum checkup.
- Be aware of postpartum depression/family stress.
- Accept help.

Keeping Baby Safe

- Do not shake or hit baby.
- Have baby sleep in crib in room with you.
- Do not share bed with baby.
- Put baby on back in crib with no loose covers or soft bedding.
- Use a crib with slats no less than 2³/₈ inches wide.
- Do not leave baby alone in bath water.
- Keep a hand on baby when on bed or changing on table or couch and never leave alone.

- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Ensure home is safe from fire and carbon monoxide poisoning.
- Do not smoke in home or car.
- Set water heater at less than 120 degrees.
- Avoid hot liquids when holding baby.
- Choose safe, quality child care.
- Report family violence.

Healthy Feeding

- Avoid alcohol use while breastfeeding.
- Do not put baby in bed with bottle.
- Hold onto bottle, do not prop it.
- Follow breastfeeding “how to” tips.
- Store breastmilk in freezer.
- Follow label guide for mixing formula.
- Store mixed formula (for 1-day use only) in refrigerator.
- Breastfeed 8 - 12 times in 24 hours.
- Formula-feed every 3 - 4 hours.

- Do not heat milk in microwave.
- Expect 6 - 8 wet diapers a day.
- Note stool color and frequency.
- Keep track of baby’s weight gain.

Regular Care/Routines

- Clean mouth with soft cloth 2 times a day.
- Clean skin, umbilical cord, circumcision.
- Take temperature by rectum.
- Follow skin care tips.
- Wash hands often.
- Avoid crowds.
- Hold baby’s head, allow tummy time.

Healthy Progress

- Stroke head or rock gently to calm baby.
- Talk to baby with simple words, read simple stories.

2-Week Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Baby Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Progress

What are your main concerns today?

2-Month Checkup

Family Well-Being

- Keep a usual family routine.
- Get ready for return to work/school (if planned).
- Schedule next postpartum checkup.
- Be aware of postpartum depression/family stress.
- Accept help.

Keeping Baby Safe

- Do not shake or hit baby.
- Have baby sleep in crib in room with you.
- Do not share bed with baby.
- Put baby on back in crib with no loose covers or soft bedding.
- Use a crib with slats no less than 2³/₈ inches wide.
- Do not place baby in a walker.
- Do not leave baby alone in bath water.
- Keep a hand on baby when on bed or changing on table or couch and never leave alone.

- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Ensure home is safe from fire, carbon monoxide poisoning, and choking hazards.
- Do not smoke in home or car.
- Set water heater at less than 120 degrees.
- Avoid hot liquids when holding baby.
- Choose safe, quality child care.
- Report family violence.

Healthy Feeding

- Avoid alcohol use while breastfeeding.
- Do not put baby in bed with bottle.
- Hold onto bottle, do not prop it.
- Follow breastfeeding “how to” tips.
- Store breastmilk in freezer.
- Follow label guide for mixing formula.
- Store mixed formula (for 1-day use only) in refrigerator.

- Breastfeed 8 - 12 times in 24 hours.
- Formula-feed every 3 - 4 hours.
- Do not heat milk in microwave.

Regular Care/Routines

- Clean mouth with soft cloth 2 times a day.
- Clean skin daily.
- Take temperature by rectum.
- Follow skin care tips.
- Wash hands often.
- Avoid crowds.
- Hold baby’s head, allow tummy time.

Healthy Progress

- Talk to baby often using simple words to promote language.
- Talk to baby with simple words, read simple stories.
- Sing simple songs to baby.

2-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Baby Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Progress

What are your main concerns today?

4-Month Checkup

Family Well-Being

- Keep a usual family routine.

Keeping Baby Safe

- Do not shake or hit baby.
- Do not share bed with baby.
- Put baby on back in crib with no loose covers or soft bedding.
- Use a crib with slats no less than $2\frac{3}{8}$ inches wide.
- Do not leave baby alone in bath water.
- Keep a hand on baby when on bed or changing on table or couch and never leave alone.
- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Ensure home is safe from fire, carbon monoxide poisoning, and choking hazards.

- Do not smoke in home or car.
- Set water heater at less than 120 degrees.
- Avoid hot liquids when holding baby.
- Choose safe, quality child care.
- Report family violence.
- Assess home risk for exposure to lead.
- Lock up guns.

Healthy Feeding

- Avoid alcohol use while breastfeeding.
- Do not put baby in bed with bottle.
- Hold onto bottle, do not prop it.
- Store breastmilk in freezer.
- Follow label guide for mixing formula.
- Store mixed formula (for 1-day use only) in refrigerator.
- Breastfeed 8 - 12 times in 24 hours.
- Do not heat milk in microwave.
- Introduce solids slowly, one at a time.

Regular Care/Routines

- Clean mouth with soft cloth 2 times a day.
- Hold baby's head, allow tummy time.
- Soothe baby if teething begins.

Healthy Progress

- Talk to baby often using simple words to promote language.
- Read picture books and tell simple stories.
- Sing simple songs to baby.
- Give baby age-appropriate toys with no small pieces.

4-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Baby Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Progress

What are your main concerns today?

6-Month Checkup

Family Well-Being

- Keep a usual family routine.

Keeping Baby Safe

- Do not shake or hit baby.
- Put baby on back in crib with no loose covers or soft bedding.
- Use a crib with slats no less than $2\frac{3}{8}$ inches wide.
- Do not place baby in a walker.
- Do not leave baby alone in bath water.
- Keep a hand on baby when on bed or changing on table or couch and never leave alone.
- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Ensure home is safe from fire, carbon monoxide poisoning, and choking hazards.
- Set water heater at less than 120 degrees.

- Choose safe, quality child care.
- Report family violence.
- Assess home risk for exposure to lead.
- Lock up guns.

Healthy Feeding

- Avoid alcohol use while breastfeeding.
- Do not use infant feeders.
- Do not force baby to eat or finish food.
- Do not put baby in bed with bottle.
- Store breastmilk in freezer.
- Follow label guide for mixing formula.
- Store mixed formula (for 1-day use only) in refrigerator.
- Breastfeed 8 - 12 times in 24 hours.
- Do not heat milk in microwave.
- Introduce solids slowly, one at a time.
- Mash up table foods before giving them to baby.

- Cut table foods into small pieces; do not offer hot dogs cut into circles.
- Offer baby water or juice in a cup at snack time.

Regular Care/Routines

- Clean mouth and teeth with soft cloth/toothbrush 2 times a day.
- Establish ongoing care with dental provider.
- Soothe baby when teething.

Healthy Progress

- Talk to baby often using simple words to promote language.
- Read picture books and tell simple stories.
- Sing simple songs to baby.
- Give baby age-appropriate toys with no small pieces.
- Use distraction for discipline.

6-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Baby Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Progress

What are your main concerns today?

9-Month Checkup

Family Well-Being

- Keep a usual family routine.
- Make one-on-one time for each child in family.

Keeping Baby Safe

- Do not shake or hit baby.
- Do not leave baby alone in bath water.
- Empty all buckets of water.
- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Choose safe, quality child care.
- Assess home risk for exposure to lead.
- Lock up guns.
- Cover electrical outlets.
- Keep cleaning supplies and medicine away from baby.

Healthy Feeding

- Do not put baby in bed with bottle.
- Do not use infant feeders.
- Do not force baby to eat or finish food.
- Introduce a cup to begin the weaning process.
- Offer water or juice at snack time.
- Slowly increase the choice of solid foods.
- Cut table foods into small pieces; do not offer hot dogs cut into circles.

Regular Care/Routines

- Clean teeth with soft toothbrush 2 times a day.
- Establish ongoing care with dental provider.
- Establish a consistent bedtime routine.

Healthy Progress

- Limit TV/screen time to 1-2 hours a day.
- Praise good behavior.
- Promote language using simple words.
- Provide age-appropriate toys.
- Provide favorite toy for self-soothing during sleep time.
- Provide nap time daily.
- Read books and talk about pictures/story using simple words.
- Provide reassurance to reduce separation anxiety.
- Use distraction or choice of 2 appropriate options for discipline.

9-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Baby Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Progress

What are your main concerns today?

Early Childhood



1 - 4 Years

12-Month Checkup

Family Well-Being

- Keep a usual family routine.
- Make one-on-one time for each child in family.

Keeping Child Safe

- Do not shake or hit baby.
- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Choose safe, quality child care.
- Do not leave alone in bath water.
- Stay within an arm's length when baby is near water.
- Empty all buckets of water.
- Ensure home is safe from fire and carbon monoxide poisoning.
- Assess home risk for exposure to lead.

- Lock up guns.
- Cover electrical outlets.
- Keep cleaning supplies and medicine away from baby.

Healthy Feeding

- Do not put baby in bed with bottle.
- Begin weaning from breast or bottle; offer only water in bottle.
- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.
- Provide spoon for eating and cup for drinking.

Regular Care/Routines

- Clean teeth with soft toothbrush 2 times a day.
- Establish ongoing care with dental provider.
- Establish a consistent bedtime routine.

Healthy Progress

- Limit TV/screen time to 1-2 hours a day.
- Encourage supervised outdoor play.
- Praise good behavior.
- Promote language using simple words.
- Provide age-appropriate toys.
- Provide favorite toy for self-soothing during sleep time.
- Read books and talk about pictures/story using simple words.
- Use distraction or choice of 2 appropriate options to avoid/resolve conflicts.
- Use time-out of 1 minute per year of age for discipline.

12-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

15-Month Checkup

Family Well-Being

- Keep a usual family routine.
- Make one-on-one time for each child in family.

Keeping Child Safe

- Do not shake or hit child.
- Choose safe, quality child care.
- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Do not leave alone in bath water.
- Stay within arm's length when child is near water.
- Assess home risk for exposure to lead.
- Ensure home is safe from fire, carbon monoxide poisoning, and choking hazards.
- Keep cleaning supplies and medicines away from child.

- Install stair gates and window guards.
- Lock up guns.
- Cover electrical outlets.

Healthy Feeding

- Do not put child in bed with bottle.
- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.

Regular Care/Routines

- Clean teeth with soft toothbrush 2 times a day.
- Establish a consistent bedtime routine.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Praise good behavior.
- Limit TV/screen time to 1-2 hours a day.

- Encourage supervised outdoor play.
- Promote language with simple words.
- Provide age-appropriate toys.
- Provide reassurance to reduce separation anxiety.
- Offer favorite toy for self-soothing during sleep time.
- Use distraction or choice of 2 appropriate options to avoid/resolve conflicts.
- Read books and talk about pictures/story using simple words.
- Discipline constructively using time-out for 1 minute per year of age.

15-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

18-Month Checkup

Family Well-Being

- Keep a usual family routine.
- Make one-on-one time for each child in family.
- Be aware of language used because child will imitate.
- Watch for sibling rivalry.

Keeping Child Safe

- Do not shake or hit child.
- Choose safe, quality child care.
- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Do not leave alone in bath water.
- Stay within arm's length when child is near water.
- Assess home risk for exposure to lead.
- Keep Poison Control number handy: 1-(800)-222-1222.

- Ensure home is safe from fire, carbon monoxide poisoning, and choking hazards.
- Keep cleaning supplies and medicines away from child.
- Install stair gates and window guards.
- Lock up guns.
- Cover electrical outlets.

Healthy Feeding

- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.

Regular Care/Routines

- Assist with brushing teeth with soft toothbrush 2 times a day.
- Establish ongoing care with dental provider.
- Establish a consistent bedtime routine.
- Encourage supervised outdoor play.
- Begin toilet training when ready.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Praise good behavior.
- Help child describe feelings in simple words.
- Limit TV/screen time to 1-2 hours a day.
- Provide age-appropriate toys to develop imagination and self-expression.
- Offer favorite toy for self-soothing during sleep time.
- Use distraction or choice of 2 appropriate options to avoid/resolve conflicts.
- Read books and talk about pictures/story using simple words.
- Discipline constructively using time-out for 1 minute per year of age.

18-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

24-Month Checkup

Family Well-Being

- Keep a usual family routine.
- Make one-on-one time for each child in family.
- Be aware of language used because child will imitate.

Keeping Child Safe

- Do not shake or hit child.
- Choose safe, quality child care.
- Keep child in rear-facing car seat in back seat of car until at least 2 years or until child is over the height/weight limit set by seat maker.
- Do not leave alone in bath water.
- Stay within arm's length when child is near water.
- Ensure home is safe from fire, carbon monoxide poisoning, and choking hazards.
- Keep Poison Control number handy: 1-(800)-222-1222.

- Keep cleaning supplies and medicines away from child.
- Lock up guns.
- Require helmet when child rides tricycle or bicycle.

Healthy Feeding

- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.

Regular Care/Routines

- Assist with brushing teeth with soft toothbrush 2 times a day.
- Establish ongoing care with dental provider.
- Establish a consistent bedtime routine.
- Encourage supervised outdoor play.
- Teach child how to properly wash hands; encourage washing before meals and after toilet training.
- Continue with toilet training by providing frequent potty breaks every 2 hours.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Praise good behavior.
- Help child describe feelings in simple words.
- Limit TV/screen time to 1-2 hours a day.
- Provide age-appropriate toys to develop imagination and self-expression.
- Read books and talk about pictures/story using simple words.
- Provide opportunities for side-by-side play with others of same age group.
- Be aware of child saying "No" for self-opinion, frustration, and anger.
- Discipline constructively using time-out for 1 minute per year of age.

24-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

30-Month Checkup

Family Well-Being

- Keep a usual family routine.
- Make one-on-one time for each child in family.
- Be aware of language used because child will imitate.

Keeping Child Safe

- Do not shake or hit child.
- Choose safe, quality child care.
- Keep child in front-facing car seat with harness in back seat until the child meets the height and weight limit set by seat maker.
- Supervise when child is near water, even if child knows how to swim.
- Ensure home is safe from fire, carbon monoxide poisoning, and choking hazards.
- Keep Poison Control number handy: 1-(800)-222-1222.

- Assess home for lead exposure.
- Keep cleaning supplies and medicines away from child.
- Lock up guns.
- Teach child to properly answer the telephone.
- Require helmet when child rides tricycle or bicycle.

Healthy Feeding

- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.

Regular Care/Routines

- Assist with brushing teeth with soft toothbrush 2 times a day.
- Establish ongoing care with dental provider.
- Establish a consistent bedtime routine.
- Encourage supervised outdoor play.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Limit TV/screen time to 1-2 hours a day.
- Allow child to begin dressing self with t-shirt.
- Provide age-appropriate toys to develop imagination and self-expression.
- Read books and talk about pictures/story using simple words.
- Provide opportunities for side-by-side play with others of same age group.
- Be aware of child saying “No” for self-opinion, frustration, and anger.
- Discipline constructively using time-out for 1 minute per year of age.

30-Month Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

3-Year Checkup

Family Well-Being

- Keep a usual family routine.
- Make one-on-one time for each child in family.
- Make time for yourself and your partner.

Keeping Child Safe

- Do not shake or hit child.
- Choose safe, quality child care.
- Keep child in front-facing car seat with harness in back seat until the child meets the height and weight limit set by seat maker.
- Supervise when child is in or near water, even if child knows how to swim.
- Ensure home is safe from fire, carbon monoxide poisoning, and choking hazards.
- Keep Poison Control number handy: 1-(800)-222-1222.

- Assess home for lead exposure.
- Lock up guns.
- Teach child to answer the door and telephone.
- Require helmet when child rides tricycle or bicycle.

Healthy Feeding

- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.

Regular Care/Routines

- Assist with brushing teeth with soft toothbrush 2 times a day.
- Establish ongoing care with dental provider.
- Establish a consistent bedtime routine.
- Encourage supervised outdoor play.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Encourage child to tell the story his or her way.
- Limit TV/screen time to 1-2 hours a day.
- Show affection and praise for good behaviors.
- Provide age-appropriate toys to develop imagination.
- Read books and sing together daily.
- Discipline constructively using time-out for 1 minute per year of age.

3-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

4-Year Checkup

Family Well-Being

- Keep a usual family routine.
- Make one-on-one time for each child in family.
- Advocate with preschool teacher for child facing school difficulties or bullying.

Keeping Child Safe

- Do not shake or hit child.
- Choose safe, quality after-school care.
- Keep child in front-facing car seat with harness in back seat until the child meets the height and weight limit set by seat maker.
- Supervise when child is in or near water, even if child knows how to swim.
- Ensure home is safe from fire and carbon monoxide poisoning hazards.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Assess home for lead exposure.
- Lock up guns.

- Teach child home address, telephone numbers, and names of parents/guardians.
- Teach child how to answer the door and telephone.
- Teach self-safety for personal privacy.
- Teach street safety: do not run after balls, do not cross street alone.
- Require helmet when child rides tricycle or bicycle.

Healthy Feeding

- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.

Regular Care/Routines

- Assist with brushing teeth with soft toothbrush 2 times a day.
- Establish a consistent bedtime routine.
- Encourage supervised outdoor play.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Establish daily chores to develop sense of accomplishment and self-confidence.
- Encourage child to tell the story his or her way.
- Limit TV/screen time to 1-2 hours a day.
- Show affection and praise for good behaviors.
- Encourage constructive conflict resolution and demonstrate at home.
- Encourage self-dressing and allow to choose own clothing sometimes.
- Read a story and discuss books daily.

4-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Feeding
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

Middle Childhood



5 - 10 Years

5-Year Checkup

Family Well-Being

- Keep a usual family routine.
- Advocate with teacher for child facing school difficulties or bullying.

Keeping Child Safe

- Choose safe, quality after-school care.
- Keep child in front-facing car seat with harness in back seat until the child meets the height and weight limit set by seat maker.
- Supervise when child is in or near water, even if child knows how to swim.
- Ensure home is safe from fire and carbon monoxide poisoning hazards.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Assess home for lead exposure.
- Lock up guns.
- Teach child how to answer the door and telephone.
- Teach self-safety including stranger danger and personal privacy.

- Teach street safety: do not run after balls, do not cross street alone.
- Require protective gear be worn at all times during sports.
- Require helmet when child uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.
- Emphasize importance of breakfast.
- Provide 5 servings of fruits and vegetables daily.
- Limit juice and ensure adequate calcium.

Regular Care/Routines

- Assist with brushing teeth with soft toothbrush 2 times a day; floss daily.
- Establish a consistent bedtime routine.
- Encourage supervised outdoor play for 1 hour a day.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Establish daily chores to develop sense of accomplishment and self-confidence.
- Encourage child to tell the story his or her way.
- Limit TV/screen time to 1-2 hours a day.
- Show affection and praise for good behaviors.
- Encourage constructive conflict resolution and demonstrate at home.
- Read a story and discuss books daily.
- Discuss school activities daily.

5-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

6-Year Checkup

Family Well-Being

- Keep a usual family routine.
- Advocate with teacher for child facing school difficulties or bullying.

Keeping Child Safe

- Choose safe, quality after-school care.
- Place child in a belt-positioning booster seat in back seat of car only if child has outgrown the height and weight limit of forward-facing car seat with harness.
- Supervise when child is in or near water, even if child knows how to swim.
- Ensure home is safe from fire and carbon monoxide poisoning hazards.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Assess home for lead exposure.
- Lock up guns.

- Teach child how to answer the door and telephone.
- Teach self-safety including stranger danger and personal privacy.
- Teach safety rules for running after balls, crossing street, riding bicycle, and boarding bus.
- Require protective gear be worn at all times during sports.
- Require helmet when child uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide 3 nutritious meals and 2 snacks a day.
- Limit sweets and high-fat foods.
- Emphasize the importance of breakfast.
- Provide 5 servings of fruits and vegetables daily.
- Limit juice and ensure adequate calcium.

Regular Care/Routines

- Assist with brushing teeth with soft toothbrush 2 times a day; floss daily.
- Establish ongoing care with dental provider.
- Establish a consistent bedtime routine.
- Encourage outdoor play for 1 hour a day.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Establish daily chores to develop sense of accomplishment and self-confidence.
- Limit TV/screen time to 1-2 hours a day.
- Show affection and praise for good behaviors.
- Encourage constructive conflict resolution and demonstrate at home.
- Read a story and discuss books daily.
- Discuss school activities daily.

6-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

7-Year Checkup

Family Well-Being

- Keep a usual family routine.
- Advocate with teacher for child facing school difficulties or bullying.
- Monitor computer use and ensure computer safety.

Keeping Child Safe

- Choose safe, quality after-school care.
- Place child in a belt-positioning booster seat in back seat of car only if child has outgrown the height/weight limit of forward-facing car seat with harness.
- Supervise when child is in or near water, even if child knows how to swim.
- Get to know child's friends and their families.
- Ensure home is safe from fire and carbon monoxide poisoning hazards.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Assess home for lead exposure.
- Lock up guns.

- Teach child how to answer the door and telephone.
- Teach self-safety including stranger danger and personal privacy.
- Teach safety rules for running after balls, crossing street, riding bicycle, and boarding bus.
- Require protective gear be worn at all times during sports.
- Require helmet when child uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide 3 nutritious meals and 2 snacks a day.
- Help child maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Provide 5 servings of fruits and vegetables daily.
- Limit juice and ensure adequate calcium.

Regular Care/Routines

- Establish 2 times/day teeth-brushing routine plus daily flossing.
- Establish a consistent bedtime routine.
- Encourage supervised outdoor play for 1 hour a day.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Continue daily chores to develop sense of accomplishment and self-confidence.
- Limit TV/screen time to 2 hours a day.
- Show affection and praise for good behaviors.
- Encourage constructive conflict resolution and demonstrate at home.
- Discuss school activities and schoolwork.

7-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

8-Year Checkup

Family Well-Being

- Keep a usual family routine.
- Advocate with teacher for child facing school difficulties or bullying.
- Monitor computer use and ensure computer safety.

Keeping Child Safe

- Choose safe, quality after-school care.
- Place child in belt-positioning booster seat in back seat until vehicle's safety belt fits child properly, typically until child is 4 feet, 9 inches or 8-12 years.
At that time, make sure child rides in back seat secured by lap and shoulder safety belts.
- Supervise when child is in or near water, even if child knows how to swim.
- Ensure home is safe from fire and carbon monoxide poisoning hazards.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Get to know child's friends and their families.

- Assess home for lead exposure.
- Lock up guns.
- Teach child how to answer the door and telephone.
- Teach self-safety including stranger danger and personal privacy.
- Teach safety rules for running after balls, crossing street, riding bicycle, and boarding bus.
- Require protective gear be worn at all times during sports.
- Require helmet when child uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide 3 nutritious meals and 2 snacks a day.
- Help child maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Provide 5 servings of fruits and vegetables daily.
- Limit juice and ensure adequate calcium.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.
- Establish a consistent bedtime routine.
- Encourage outdoor play for 1 hour a day.

Healthy Development

- Establish consistent limits, rules, and consequences.
- Continue daily chores to develop sense of accomplishment and self-confidence.
- Encourage child to tell the story his or her way.
- Limit TV/screen time to 2 hours a day.
- Show affection and praise for good behaviors.
- Encourage constructive conflict resolution and demonstrate at home.
- Discuss school activities and schoolwork.

8-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

9-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.
- Monitor computer use and ensure computer safety.

Keeping Child Safe

- Choose safe, quality after-school care.
- Place child in belt-positioning booster seat in back seat until vehicle's safety belt fits child properly, typically until child is 4 feet, 9 inches or 8-12 years. At that time, make sure child rides in back seat secured by lap and shoulder safety belts.
- Supervise when child is in or near water, even if child knows how to swim.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Get to know child's friends and their families.
- Assess home for lead exposure.
- Lock up guns.

- Teach self-safety including stranger danger and personal privacy.
- Teach self-safety if child feels unsafe at friend's home/car or answers the door/telephone when adult is not home.
- Require protective gear be worn at all times during sports.
- Require helmet when child uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide nutritious meals and snacks each day.
- Help child maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Provide 5 servings of fruits and vegetables daily.
- Limit juice and ensure adequate calcium.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.
- Establish ongoing care with dental provider.

- Establish personal hygiene routine.
- Encourage outdoor play for 1 hour a day.

Healthy Development

- Promote self-responsibility.
- Discuss puberty and physical changes/sexuality.
- Establish consistent limits, rules, and consequences.
- Increase difficulty of daily chores to develop sense of accomplishment and self-confidence.
- Limit TV/screen time to 2 hours a day.
- Show affection and praise for good behaviors.
- Encourage constructive conflict resolution and demonstrate at home.
- Discuss school activities and schoolwork.
- Provide space and time for homework/personal time.

9-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

10-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.
- Monitor computer use and ensure computer safety.

Keeping Child Safe

- Choose safe, quality after-school care.
- Place child in belt-positioning booster seat in back seat until vehicle's safety belt fits child properly, typically until child is 4 feet, 9 inches or 8-12 years. At that time, make sure child rides in back seat secured by lap and shoulder safety belts.
- Supervise when child is in or near water, even if child knows how to swim.
- Get to know child's friends and their families.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Discuss drug/tobacco/alcohol use and peer pressure.

- Lock up guns.
- Teach self-safety including stranger danger and personal privacy.
- Teach self-safety if child feels unsafe at friend's home/car or answers the door/telephone when adult is not home.
- Require protective gear be worn at all times during sports.
- Require helmet when child uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide nutritious meals and snacks each day.
- Help child maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Provide 5 servings of fruits and vegetables daily.
- Limit juice and ensure adequate calcium.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.

- Establish personal hygiene routine.
- Encourage outdoor play for 1 hour a day.

Healthy Development

- Promote self-responsibility.
- Discuss puberty and physical changes/sexuality.
- Establish consistent limits, rules, and consequences.
- Increase difficulty of daily chores to develop sense of accomplishment and self-confidence.
- Limit TV/screen time to 2 hours a day.
- Show affection and praise for good behaviors.
- Encourage constructive conflict resolution and demonstrate anger management at home.
- Discuss school activities and schoolwork.
- Provide space and time for homework/personal time.

10-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Child Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

Early Adolescence



11 - 14 Years

11-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.
- Monitor computer use and ensure computer safety.

Keeping Adolescent Safe

- Choose safe, quality after-school care.
- Promote riding in the back seat until 12 or 13 years old, and always using a seat belt.
- Supervise when child is in or near water, even if he or she knows how to swim.
- Get to know child's friends and their families.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Discuss drug/tobacco/alcohol use and peer pressure.
- Lock up guns.
- Teach personal body privacy.

- Teach self-safety if child feels unsafe at friend's home/car or answers the door/telephone when adult is not home.
- Require protective gear be worn at all times during sports.
- Require helmet when child uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide nutritious meals and snacks each day.
- Help child maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Encourage healthy eating behaviors.
- Ensure adequate calcium and vitamin D.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.
- Encourage personal hygiene routine.
- Encourage physical activity for 1 hour a day.

Healthy Development

- Promote self-responsibility.
- Observe for signs of depression, anxiety, or other behavioral health issues.
- Discuss puberty and physical changes/sexuality.
- Establish consistent limits, rules, and consequences.
- Increase difficulty of daily chores to develop sense of accomplishment and self-confidence.
- Limit TV/screen time to 2 hours a day.
- Show affection and praise for good behaviors.
- Encourage constructive conflict resolution and demonstrate anger management at home.
- Discuss school activities and schoolwork.
- Provide space and time for homework/personal time.

11-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Teens Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

12-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.

Keeping Adolescent Safe

- Choose safe, quality, and appropriate after-school care.
- Promote riding in the back seat until 12 or 13 years old, and always using a seat belt.
- Supervise when adolescent is in or near water, even if he or she knows how to swim.
- Get to know adolescent's friends and their families.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Discuss drug/tobacco/alcohol use and peer pressure.
- Ensure home is safe from fire and carbon monoxide poisoning hazards.
- Lock up guns; enroll in gun safety classes if interested.
- Teach personal body privacy.

- Teach self-safety if adolescent feels unsafe at friend's home/car or answers the door/telephone when adult is not home.
- Do not allow riding in a car with anyone who uses alcohol or drugs.
- Require protective gear be worn at all times during sports.
- Require helmet when adolescent uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide nutritious meals and snacks each day.
- Help adolescent maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Encourage healthy eating behaviors.
- Ensure adequate calcium and vitamin D.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.

- Establish ongoing care with dental provider.
- Encourage personal hygiene routine.
- Encourage physical activity for 1 hour a day.

Healthy Development

- Discuss puberty and physical changes/sexuality.
- Observe for signs of depression, anxiety, or other behavioral health issues.
- Increase difficulty of daily chores to develop sense of family responsibility and self-accomplishment.
- Establish consistent limits, rules, and consequences.
- Limit TV/screen time to 2 hours a day.
- Encourage constructive conflict resolution and demonstrate anger management at home.
- Discuss school activities and schoolwork.
- Provide space and time for homework/personal time.

12-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Teens Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

13-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.

Keeping Adolescent Safe

- Promote use of lap and shoulder safety belts and buckle up as example.
- Get to know adolescent's friends and their families.
- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Discuss drug/tobacco/alcohol use and peer pressure.
- Choose safe, quality, and appropriate after-school care.
- Lock up guns; enroll in gun safety classes if interested.
- Ensure home is safe from fire and carbon monoxide poisoning hazards.
- Teach personal body privacy.
- Teach self-safety if adolescent feels unsafe at friend's home/car or answers the door/telephone when adult is not home.

- Do not allow riding in a car with anyone who uses alcohol or drugs.
- Require protective gear be worn at all times during sports.
- Require helmet when adolescent uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide nutritious meals and snacks each day.
- Help youth maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Encourage healthy eating behaviors.
- Ensure adequate calcium and vitamin D.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.
- Encourage personal hygiene routine.
- Encourage physical activity for 1 hour a day.

Healthy Development

- Discuss puberty and physical changes/sexuality.
- Observe for signs of depression, anxiety, or other behavioral health issues.
- Discuss family expectations about dating, sexual contact, abstinence, substance use, peer pressure.
- Increase difficulty of daily chores to develop sense of family responsibility and self-accomplishment.
- Establish consistent limits, rules, and consequences.
- Limit TV/screen time to 2 hours a day.
- Encourage constructive conflict resolution and demonstrate anger management at home.
- Discuss school activities and schoolwork.
- Provide space and time for homework/personal time.

13-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Teens Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

14-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.

Keeping Adolescent Safe

- Develop family plan for exiting house in a fire and establish meeting place after exit.
- Discuss drug/tobacco/alcohol use and peer pressure.
- Do not allow riding in a car with anyone who uses alcohol/drugs.
- Promote use of lap and shoulder safety belts and buckle up as example.
- Require protective gear be worn at all times during sports.
- Get to know adolescent's friends and their families.
- Lock up guns; enroll in gun safety class if interested.
- Ensure home is safe from fire and carbon monoxide poisoning hazards.
- Choose safe, quality, and appropriate after-school care.

- Teach self-safety if youth feels unsafe at friend's home/car or answers the door/telephone when adult is not home.
- Teach personal body privacy.
- Require helmet when youth uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide nutritious meals and snacks each day.
- Help youth maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Encourage healthy eating behaviors.
- Ensure adequate calcium and vitamin D.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.
- Encourage personal hygiene routine.
- Encourage physical activity for 1 hour a day.

Healthy Development

- Discuss puberty and physical changes/sexuality.
- Observe for signs of depression, anxiety, or other behavioral health issues.
- Discuss chronic disease management.
- Discuss transition to adult health care.
- Encourage constructive conflict resolution and demonstrate anger management at home.
- Establish consistent limits, rules, and consequences.
- Increase difficulty of chores to develop sense of family responsibility and self-accomplishment.
- Limit TV/screen time to 2 hours a day.
- Teach pregnancy and STD/STI prevention.
- Teach breast or testicular self-exam.
- Discuss school activities and schoolwork.
- Provide space and time for homework/personal time.
- Discuss family expectations about dating, sexual contact, abstinence, substance use, peer pressure.

14-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping Teens Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

Middle Adolescence



15 - 17 Years

15-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.

Keeping Adolescent Safe

- Discuss self-safety in stalking/abusive relationship/bullying.
- Do not allow riding in a car if use of alcohol/drugs is involved.
- Require protective gear be worn at all times during sports.
- Lock up guns; enroll in gun safety class if interested.
- Promote use of lap and shoulder safety belts and buckle up as example.
- Provide information about sexuality and risks involved in sexual activity.
- Teach self-safety at friend's home/car and how to exit situation.
- Discuss drug/tobacco/alcohol use and peer pressure.
- Require helmet when youth uses bicycle, skates, or other mobility equipment.

Healthy Eating

- Provide nutritious meals and snacks each day.
- Help youth maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Encourage healthy eating behaviors.
- Ensure adequate calcium and vitamin D.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.
- Establish ongoing care with dental provider.
- Encourage personal hygiene routine.
- Encourage physical activity for 1 hour a day.

Healthy Development

- Discuss family expectations about dating, sexual contact, abstinence, substance use, peer pressure.
- Discuss transition to adult health care.
- Establish consistent limits, rules, and consequences.
- Observe for signs of depression, anxiety, or other behavioral health issues.

- Discuss chronic disease management.
- Increase difficulty of chores to develop sense of family responsibility and self-accomplishment.
- Limit TV and computer time to 2 hours a day.
- Teach pregnancy and STD/STI prevention.
- Teach breast or testicular self-exam.
- Discuss nonviolent conflict resolution and demonstrate anger management at home.
- Discuss school activities and schoolwork.
- Encourage independent decision-making skills/thinking through steps of a project/involvement in family decisions.
- Establish an agreed-on curfew and after-school activities.
- Establish self-responsibility for homework completion.
- Provide space and time for homework/personal time.

15-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping You Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

16-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.

Keeping Adolescent Safe

- Discuss self-safety in stalking/abusive relationship/bullying.
- Do not allow driving or riding in a car if use of alcohol/drugs is involved.
- Require protective gear be worn at all times during sports.
- Lock up guns; enroll in gun safety class if interested.
- Promote use of lap and shoulder safety belts and buckle up as example.
- Provide information about sexuality and risks involved in sexual activity.
- Teach self-safety at friend's home/car and how to exit situation.
- Discuss drug/tobacco/alcohol use and peer pressure.
- Require helmet when adolescent uses bicycle, skates, or other mobility equipment.

Healthy Feeding

- Provide nutritious meals and snacks each day.
- Help adolescent maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Encourage healthy eating behaviors.
- Ensure adequate calcium and vitamin D.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.
- Encourage physical activity for 1 hour a day.
- Encourage use of hearing protection.

Healthy Development

- Discuss family expectations about dating, sexual contact, abstinence, substance use, peer pressure.
- Discuss transition to adult health care.
- Discuss chronic disease management.

- Establish consistent limits, rules, and consequences.
- Increase difficulty of chores to develop sense of family responsibility and self-accomplishment.
- Limit TV and computer time to 2 hours a day.
- Teach pregnancy and STD/STI prevention.
- Teach breast or testicular self-exam.
- Discuss nonviolent conflict resolution and demonstrate anger management at home.
- Discuss school activities and schoolwork.
- Encourage independent decision-making skills/thinking through steps of a project/involvement in family decisions.
- Establish an agreed-on curfew and after-school activities.
- Establish self-responsibility for homework completion.
- Provide space and time for homework/personal time.

16-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping You Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

17-Year Checkup

Family Well-Being

- Discuss with teacher any need for additional help if there are school concerns or bullying.

Keeping Adolescent Safe

- Discuss self-safety in stalking/abusive relationship/bullying.
- Do not allow driving or riding in a car if use of alcohol/drugs is involved.
- Require protective gear be worn at all times during sports.
- Lock up guns; enroll in gun safety class if interested.
- Promote use of lap and shoulder safety belts and buckle up as example.
- Provide information about sexuality and risks involved in sexual activity.
- Teach self-safety at friend's home/car and how to exit situation.
- Discuss drug/tobacco/alcohol use and peer pressure.
- Require helmet when youth uses bicycle, skates, or other mobility equipment.

Healthy Feeding

- Provide nutritious meals and snacks each day.
- Help youth maintain healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Emphasize the importance of breakfast.
- Encourage healthy eating behaviors.
- Ensure adequate calcium and vitamin D.

Regular Care/Routines

- Reinforce 2 times/day teeth-brushing routine plus daily flossing.
- Discuss transition to adult dental provider.
- Encourage physical activity for 1 hour a day.
- Encourage use of hearing protection.

Healthy Development

- Discuss family expectations about dating, sexual contact, abstinence, substance use, peer pressure.
- Discuss transition to becoming a legal adult, including impact on health care and consent.
- Discuss chronic disease management.

Establish consistent limits, rules, and consequences.

- Increase difficulty of chores to develop sense of family responsibility and self-accomplishment.
- Limit TV/screen time to 2 hours a day.
- Teach pregnancy and STD/STI prevention.
- Teach breast/testicular self-exam.
- Discuss nonviolent conflict resolution and demonstrate anger management at home.
- Discuss school activities and schoolwork.
- Encourage independent decision-making skills/thinking through steps of a project/involvement in family decisions.
- Establish an agreed-on curfew and after-school activities.
- Establish self-responsibility for homework completion.
- Observe for signs of depression, anxiety, or other behavioral health issues.
- Provide space and time for homework/personal time.

17-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping You Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

Late Adolescence



18 - 20 Years

18-Year Checkup

Family Well-Being

- Support youth when he or she needs help.

Keeping Adolescent Safe

- Enroll in gun safety class if interested.
- Lock up guns for safety of others in household.
- Do not drive or ride in a car if use of alcohol/drugs is involved.
- Discuss how to stay safe in stalking/abusive relationship/bullying.
- Use lap and shoulder safety belt at all times; when driving, ensure others are buckled up.
- Wear helmet when using bicycle, skateboard, or other mobility equipment.

Healthy Eating

- Eat nutritious meals and snacks each day.
- Focus on healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Make healthy food decisions.

Regular Care/Routines

- Continue 2 times/day teeth-brushing routine plus daily flossing.
- Engage in physical activity for 1 hour a day.
- Perform breast/testicular self-exam.
- Recognize signs of depression, anxiety, or other behavioral health issues and discuss with parents/trusted adult/doctor if needed.
- Be aware of pregnancy STD/STI prevention.

Healthy Development

- Transition to adulthood for health, social, and work matters.
- Discuss transition to adult health care.
- Discuss chronic disease management.
- Avoid alcohol/drugs/tobacco/steroid use.
- Manage conflict resolution in constructive/nonviolent manner.
- Before becoming sexually active, obtain information on protection against STDs/STIs and pregnancy.
- Adhere to agreed-on curfew and after-school/work activities.
- Attend school/work on time.
- Continue chores as participant in family support.
- Make decisions about education/work training with help of family.
- Practice independent decision skills/problem-solving, including making decision to engage in sexual activity.
- Sign consents for health/legal matters.
- Stay connected with family and discuss questions/fears with them as needed.

18-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping You Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

19-Year Checkup

Family Well-Being

- Support youth when he or she needs help.

Keeping Adolescent Safe

- Enroll in gun safety class if interested.
- Lock up guns for safety of others in household.
- Do not drive or ride in a car if use of alcohol/drugs is involved.
- Know how to stay safe in stalking/abusive relationship/bullying.
- Use lap and shoulder safety belt at all times; when driving, ensure others are buckled up.
- Wear helmet when using bicycle, skateboard, or other mobility equipment.

Healthy Eating

- Eat nutritious meals and snacks each day.
- Focus on healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Make healthy food decisions.

Regular Care/Routines

- Continue 2 times/day teeth-brushing routine plus daily flossing.
- Engage in physical activity for 1 hour a day.
- Perform breast or testicular self-exam.
- Recognize signs of depression, anxiety, or other behavioral health issues and discuss with parents/trusted adult/doctor if needed.
- Be aware of pregnancy and STD/STI prevention.

Healthy Development

- Transition to adulthood for health, social, and work matters.
- Avoid alcohol/drugs/tobacco/steroid use.
- Manage conflict resolution in constructive/nonviolent manner.
- Before becoming sexually active, obtain information on protection against STDs/STIs and pregnancy.
- Adhere to agreed-on curfew and after-school/work activities.
- Attend school/work on time.
- Continue chores as participant in family support.
- Make decisions about education/work training with help of family.
- Practice independent decision skills/problem-solving, including making decision to engage in sexual activity.
- Sign consents for health/legal matters.
- Stay connected with family and discuss questions/fears with them as needed.

19-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping You Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?

20-Year Checkup

Family Well-Being

- Support youth when he or she needs help.

Keeping Adolescent Safe

- Enroll in gun safety class if interested.
- Lock up guns for safety of others in household.
- Do not drive or ride in a car if use of alcohol/drugs is involved.
- Know how to stay safe in stalking/abusive relationship/bullying.
- Use lap and shoulder safety belt at all times; when driving, ensure others are buckled up.
- Wear helmet when using bicycle, skateboard, or other mobility equipment.

Healthy Eating

- Eat nutritious meals and snacks each day.
- Focus on healthy weight.
- Limit sweets, sodas, and high-fat foods.
- Make healthy food decisions.

Regular Care/Routines

- Continue 2 times/day teeth-brushing routine plus daily flossing.
- Continue ongoing care with dental provider.
- Engage in physical activity for 1 hour a day.
- Perform breast or testicular self-exam.
- Recognize signs of depression, anxiety, or other behavioral health issues and discuss with parents/trusted adult/doctor if needed.
- Be aware of pregnancy and STD/STI prevention.

Healthy Development

- Transition to adulthood for health, social, and work matters.
- Manage conflict resolution in constructive/nonviolent manner.
- Avoid alcohol/drugs/tobacco/steroid use.
- Before becoming sexually active, obtain information on protection against STDs/STIs and pregnancy.
- Adhere to agreed-on curfew and after-school/work activities.
- Attend school/work on time.
- Continue chores as participant in family support.
- Make decisions about education/work training with help of family.
- Practice independent decision skills/problem-solving, including making decision to engage in sexual activity.
- Sign consents for health/legal matters.
- Stay connected with family and discuss questions/fears with them as needed.

20-Year Checkup

These are areas we cover during this checkup:

- Family Well-Being
- Keeping You Safe
- Healthy Eating
- Regular Care/Routines
- Healthy Development

What are your main concerns today?



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