ABOUT BRIGHT FUTURES

Bright Futures is a national health promotion and prevention initiative, led by the American Academy of Pediatrics (AAP) and supported by the Maternal and Child Health Bureau, Health Resources and Services Administration. The Bright Futures Guidelines provide theory-based and evidence-driven guidance for all preventive care screenings and well-child visits. Bright Futures content can be incorporated into many public health programs such as home visiting, child care, school-based health clinics, and many others. Materials developed especially for families are also available. Learn more about Bright Futures and get Bright Futures materials by visiting brightfutures.aap.org.
**TAKE ADVANTAGE OF OTHER TOOLS AND RESOURCES THAT SUPPORT BRIGHT FUTURES**

- **Use the Bright Futures Pocket Guide.** Based on the Bright Futures Guidelines, 4th Edition, the Pocket Guide presents the essentials of each visit’s components, making this 4” x 7” book a key reference tool and training resource.

- **Become familiar with the Bright Futures Performing Preventive Services Handbook,** which provides guidance on the most effective way to deliver the preventive services recommended in the Bright Futures Guidelines.

- **Use the Bright Futures Oral Health Risk Assessment Tool** to identify children who are at highest risk for oral health problems and need additional care and guidance.

- **Promote early literacy with the Books Build Connections Toolkit.** This toolkit includes material for health professionals and easy-to-understand material for families.

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**ORGANIZE YOUR OFFICE PRACTICE TO MAKE IMPLEMENTING BRIGHT FUTURES EASY**

- **Start gradually.** Some health care professionals may find efforts to implement all recommendations in the Bright Futures Guidelines at once overwhelming. Implementing Bright Futures recommendations in parts and stages can ease the transition.

- **Involve the entire team.** Include, for example, a physician, nurse practitioner, medical ancillary staff or assistant, child development specialist, nutritionist, and administrative office system staff. These individuals help ensure that Bright Futures components permeate the entire practice and that all members of the team are invested in the implementation effort.

- **Use the Bright Futures Performance Measures,** which will help you incorporate quality improvement into your practice on an ongoing basis. Also, see the Bright Futures Preventive Services Quality Improvement Measures clinical practice tip sheet, available on the AAP website, for more information.

- **Use Coding for Pediatric Preventive Care,** a guide that matches the visits on the Bright Futures/AAP Periodicity Schedule with the Current Procedural Terminology and International Classification of Diseases codes used to document and pay for screenings, assessments, and other recommended services.

**SET UP A PREVENTIVE SERVICES PROMPTING SYSTEM**

- **Set up a preventive services prompting system to ensure that your patients receive all the preventive services recommended in the Bright Futures Guidelines.** The Bright Futures website has more information on these strategies.
  - Develop and use a recall-and-reminder system.
  - Connect and build relationships with community resources that can reinforce your work with patients and families.
  - Integrate the Bright Futures Guidelines into your EHR system.

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**USE A STRENGTH-BASED APPROACH TO PARTNERING WITH PATIENTS AND FAMILIES**

- **Work with the patients and families in your practice to assess and build their strengths so that they say YES! to a healthy life.**

- **When encouraging behavior changes from patients and families,** use shared decision-making strategies and motivational interviewing techniques to arrive at a workable plan to solve problems.

- **Become familiar with the Protective Factors Framework.**

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**SHARE BRIGHT FUTURES MATERIAL WITH FAMILIES**

- **Use the Bright Futures Family Pocket Guide,** available in English and Spanish. This pocket guide provides family-friendly tips, strategies, and resources for every stage of a child’s development, from infancy through adolescence.

- **Encourage expectant and new mothers in your practice to sign up for text4baby notifications.** This mobile information service provides 3 free weekly text messages on a variety of topics of interest to women throughout their pregnancy and up until their baby’s first birthday.

- **Encourage families to visit healthychildren.org.** This AAP website features many materials consistent with Bright Futures recommendations.

- **Display family-friendly posters in your office to support healthful eating and good nutrition.**

- **Keep a supply of Bright Futures Activity Books** in English and Spanish on hand to occupy children while they wait to see you.
SHARE YOUR BRIGHT FUTURES KNOWLEDGE WITH OTHERS

• Promote preventive care in your community by using the About Bright Futures video, presentation templates and handouts, and the online resources available from the Bright Futures website.

• Connect with others in your state who are interested in implementing the Bright Futures Guidelines or are involved in implementation initiatives.

• Connect with your local AAP chapter or other professional organizations whose members are involved in state or local partnerships that promote healthful child activities.

Content for this Tip Sheet has been adapted from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition. Last updated: April 2019
Downloaded from: http://brightfutures.aap.org

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