CLEAR FORM

PATIENT NAME: _____ DATE: _____

Please print.

American Academy of Pediatrics

BRIGHT FUTURES PREVISIT QUESTIONNAIRE

8 YEAR VISIT

To provide you and your child with the best possible health care, we would like to know how things are going. Please answer all the questions. Thank you.

WHAT WOULD YOU LIKE TO TALK ABOUT TODAY?

Do you have any concerns, questions, or problems that you would like to discuss today? ○ **No** ○ **Yes,** describe:

TELL US ABOUT YOUR CHILD AND FAMILY.

What excites or delights you most about your child?

Does your child have special health care needs? ○ **No** ○ **Yes,** describe:

Have there been major changes lately in your child's or family's life? ○ **No** ○ **Yes,** describe:

Have any of your child's relatives developed new medical problems since your last visit? ○ **No** ○ **Yes** ○ **Unsure** If yes or unsure, please describe:

Does your child live with anyone who smokes or spend time in places where people smoke or use e-cigarettes? ○ **No** ○ **Yes** ○ **Unsure**

YOUR GROWING AND DEVELOPING CHILD

Do you have specific concerns about your child's development, learning, or behavior? ○ **No** ○ **Yes,** describe:

Check off each of the items that are true for your child.

- ☐ Shows the ability to get along with others and control his emotions
- ☐ Chooses to eat healthy foods and participate in physical activity every day
- ☐ Forms caring, supportive relationships with family members, other adults, and peers

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RISK ASSESSMENT

Anemia	Does your child's diet include iron-rich foods, such as meat, iron-fortified cereals, or beans?	O Yes	O No	O Unsure
	Does your child eat a vegetarian diet (does not eat red meat, chicken, fish, or seafood)?	O No	O Yes	O Unsure
	If your child is a vegetarian (does not eat red meat, chicken, fish, or seafood), does your child take an iron supplement?	O Yes	O No	O Unsure
	Do you ever struggle to put food on the table?	O No	O Yes	O Unsure
Dyslipidemia	Does your child have parents, grandparents, or aunts or uncles who have had a stroke or heart problem before age 55 (male) or 65 (female)?	O No	O Yes	O Unsure
	Does your child have a parent with elevated blood cholesterol level (240 mg/dL or higher) or who is taking cholesterol medication?	O No	O Yes	O Unsure
Oral health	Does your child's primary water source contain fluoride?	O Yes	O No	O Unsure
Tuberculosis	Was your child or any household member born in, or has he or she traveled to, a country where tuberculosis is common (this includes countries in Africa, Asia, Latin America, and Eastern Europe)?	O No	O Yes	O Unsure
	Has your child had close contact with a person who has tuberculosis disease or who has had a positive tuberculosis test result?	O No	O Yes	O Unsure
	Is your child infected with HIV?	O No	O Yes	O Unsure

ANTICIPATORY GUIDANCE

How are things going for you, your child, and your family?

YOUR FAMILY'S HEALTH AND WELL-BEING

Neighborhood and Family Violence		
Are there frequent reports of violence in your community or school?	O No	O Yes
Has your child ever been bullied or hurt physically by someone?	O No	O Yes
Has your child ever bullied or been aggressive with others?	O No	O Yes
Have you talked with your child about how to get help and who to call if there is an emergency?	O Yes	O No
Has your child ever told you she was touched in a way that made her uncomfortable or on her private parts?	O No	O Yes
Food Security		
Within the past 12 months, were you ever worried whether your food would run out before you got money to buy more?	O No	O Yes
Within the past 12 months, did the food you bought not last, and you did not have money to get more?	O No	O Yes
Alcohol and Drugs		
Is there anyone in your child's life whose alcohol or drug use concerns you?	O No	O Yes
Harm From the Internet		
Do you supervise your child's Internet use?	O Yes	O No
Do you have rules about Internet use?	O Yes	O No
Do you use safety filters on computers, tablets, and smartphones?	O Yes	O No
Emotional Security and Self-esteem		
Does your child usually seem happy?	O Yes	O No
Are there things your child is really good at doing or is proud of?	O Yes	O No
Connectedness With Family and Peers		
Does your family get along well with each other?	O Yes	O No
Does your family do things together?	O Yes	O No

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8 YEAR VISIT

YOUR CHILD'S DEVELOPMENT

Does your child have chores or responsibilities at home?	O Yes	O No
Do you have clear rules and expectations for your child?	O Yes	O No
When your child breaks the rules, are you consistent with consequences and discipline?	O Yes	O No
Do you let your child know when he is doing a good job?	O Yes	O No
Does your child frequently have worries?	O No	O Yes
Does your child have problems dealing with anger or frustration?	O No	O Yes
Do you help your child control her anger, deal with worries, and solve problems?	O Yes	O No
Have you talked with your child about how his body will change during puberty?	O Yes	O No

SCHOOL

Is your child doing well in school?	O Yes	O No
Has your child missed more than 2 days of school in any month?	O No	O Yes
Does your child have any difficulties at school or get extra help?	O No	O Yes
Does your child like school?	O Yes	O No
Does your child have friends at school?	O Yes	O No
Is your child involved in after-school activities?	O Yes	O No

STAYING HEALTHY

Healthy Teeth		
Does your child brush his teeth twice a day?	O Yes	O No
Does your child see the dentist twice a year?	O Yes	O No
Does your child use a mouth guard when playing contact sports?	O Yes	O No
Nutrition		
Do you have any concerns about your child's weight or eating habits?	O No	O Yes
Do you have any concerns about your child's eating? This includes drinking enough milk and eating vegetables and fruits.	O No	O Yes
Does your child drink or eat 3 servings of dairy foods, such as milk, cheese, or yogurt, a day?	O Yes	O No
Do you eat meals together as a family?	O Yes	O No
Does your child drink soda, juice, or other sweetened drinks?	O No	O Yes
Does your child eat breakfast every day?	O Yes	O No
Physical Activity		
Is your child physically active at least 1 hour every day? This includes running, playing sports, or active play with friends.	O Yes	O No
How much time every day does your child spend watching TV, playing video games, or using computers, tablets, or smartphones (not counting schoolwork)?	_____ hours	
Does your child have a TV or an Internet-connected device in his bedroom?	O No	O Yes
Has your family made a family media use plan to help everyone balance time spent on media with other family and personal activities?	O Yes	O No
Does your child have a regular bedtime?	O Yes	O No
Does your child have trouble going to sleep or does he wake up during the night?	O No	O Yes

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SAFETY

Car Safety		
Does your child always sit in a belt-positioning booster seat or lap and shoulder seat belt in the back seat every time he rides in a vehicle?	O Yes	O No
Does everyone in the vehicle always wear a lap and shoulder seat belt or belt-positioning booster seat?	O Yes	O No
Outdoor Safety		
Does your child always wear a helmet to protect her head when biking, skating, or doing other outdoor activities?	O Yes	O No
Does your child know how to swim?	O Yes	O No
Does your child know to always have an adult watching him in the water and never to swim alone?	O Yes	O No
Does your child use sunscreen?	O Yes	O No
Gun Safety		
Does anyone in your home or the homes where your child spends time have a gun?	O No	O Yes
If yes, is the gun unloaded and locked up?	O Yes	O No
If yes, is the ammunition stored and locked up separately from the gun?	O Yes	O No
Have you talked with your child about gun safety?	O Yes	O No
Harm From Adults		
Do you know your child's friends and their families?	O Yes	O No
Does your child know how to get help in an emergency if you aren't there?	O Yes	O No
Have you taught your child that is it never OK for an adult to tell a child to keep secrets from her parents?	O Yes	O No
Does your child know that it is never OK for an older child or an adult to ask to see his private parts?	O Yes	O No

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents,* 4th Edition

For more information, go to https://brightfutures.aap.org.