

# ANTICIPATORY GUIDANCE BY AGE OR DEVELOPMENTAL STAGE

(Adapted from *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents-Third Edition*; AAP, 2008)

## Infancy: 0-3 mos.

### Overall Health

- ◆ Establish regular feeding/sleeping routines
- ◆ Breastfeed for the first 4-6 months of life

### Oral Health

- ◆ Avoid dipping pacifiers in any sweetened liquid, sugar, or syrup



## Infancy: 4-12 mos.

### Overall Health

- ◆ Determine if baby is ready for solids (6 months); introduce single-ingredient foods one at a time
- ◆ Increase table foods providing 3 meals and 2-3 snacks per day
- ◆ Wean from bottle by introducing cup

### Oral Health

- ◆ Establish a dental home by one year of age or eruption of first tooth
- ◆ Perform an oral health risk assessment at the 6 & 9 month well child visits
- ◆ Assess fluoride source
- ◆ Brush gums/teeth twice daily with a soft toothbrush/cloth and water
- ◆ Avoid bottle in bed



## Early childhood: 15-18 mos.

### Overall Health

- ◆ Reassure and comfort during stranger/separation anxiety
- ◆ Consistent positive discipline focused on teaching and protection
- ◆ Promote nighttime and sleep routines
- ◆ Encourage language development by singing and reading

### Oral Health

- ◆ Brush teeth twice daily with fluoride toothpaste and a soft cloth/brush
- ◆ No bottle in bed
- ◆ After 12 months, a child should be seen by a dentist every 6 months or according to a schedule recommended by the dentist



## Early childhood: 2-4 yrs.

### Overall Health

- ◆ Limit TV, computer, videos to no more than 1-2 hours per day
- ◆ Encourage physical activities
- ◆ Parents and caregivers should firmly establish healthful eating patterns

### Oral Health

- ◆ Brush teeth twice daily with fluoride toothpaste (pea-sized amount ages 2 - 5)



## Middle childhood: 5-10 yrs.

### Overall Health

- ◆ Eat breakfast; eat 5+ servings of fruits and vegetables a day
- ◆ Limit candy, soda and high-fat snacks

### Oral Health

- ◆ Visit dentist twice/year; brush teeth twice and floss once daily
- ◆ Reduce the risk of injury or trauma to the mouth and teeth and avoiding risk behaviors that affect oral health



## Adolescence: 11-21 years

### Overall Health

- ◆ Promote a healthy self-image by praising activities/achievements; limit focus on appearance
- ◆ Encourage fruits, vegetables, whole grains, low-fat dairy; limit candy, chips, soda; 3+ servings low fat milk/other dairy a day; encourage family meals
- ◆ Talk about tobacco/alcohol/drug use a; secure alcohol/prescription/stimulant-containing over-the-counter medications in the home

### Oral Health

- ◆ Visit dentist twice/year; brush teeth twice and floss once daily

