

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:

Blank space for patient response.

### TELL US ABOUT YOUR CHILD AND FAMILY.

What excites or delights you most about your child?

Blank space for patient response.

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

Blank space for patient response.

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

Blank space for patient response.

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

Blank space for patient response.

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:

Blank space for patient response.

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

## 8 YEAR VISIT

### RISK ASSESSMENT

<b>Anemia</b>	Does your child's diet include iron-rich foods, such as meat, iron-fortified cereals, or beans?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Unsure
	Does your child eat a vegetarian diet (does not eat red meat, chicken, fish, or seafood)?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
	If your child is a vegetarian (does not eat red meat, chicken, fish, or seafood), does your child take an iron supplement?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Unsure
	Do you ever struggle to put food on the table?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
<b>Dyslipidemia</b>	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)?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
	Does your child have a parent with elevated blood cholesterol level (240 mg/dL or higher) or who is taking cholesterol medication?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
<b>Oral health</b>	Does your child's primary water source contain fluoride?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Unsure
<b>Tuberculosis</b>	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)?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
	Has your child had close contact with a person who has tuberculosis disease or who has had a positive tuberculosis test result?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
	Is your child infected with HIV?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure

### ANTICIPATORY GUIDANCE

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

#### YOUR FAMILY'S HEALTH AND WELL-BEING

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

Please print.

## 8 YEAR VISIT

### YOUR CHILD'S DEVELOPMENT

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

### SCHOOL

Is your child doing well in school?	<input type="radio"/> Yes	<input type="radio"/> No
Has your child missed more than 2 days of school in any month?	<input type="radio"/> No	<input type="radio"/> Yes
Does your child have any difficulties at school or get extra help?	<input type="radio"/> No	<input type="radio"/> Yes
Does your child like school?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child have friends at school?	<input type="radio"/> Yes	<input type="radio"/> No
Is your child involved in after-school activities?	<input type="radio"/> Yes	<input type="radio"/> No

### STAYING HEALTHY

<b>Healthy Teeth</b>		
Does your child brush his teeth twice a day?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child see the dentist twice a year?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child use a mouth guard when playing contact sports?	<input type="radio"/> Yes	<input type="radio"/> No
<b>Nutrition</b>		
Do you have any concerns about your child's weight or eating habits?	<input type="radio"/> No	<input type="radio"/> Yes
Do you have any concerns about your child's eating? This includes drinking enough milk and eating vegetables and fruits.	<input type="radio"/> No	<input type="radio"/> Yes
Does your child drink or eat 3 servings of dairy foods, such as milk, cheese, or yogurt, a day?	<input type="radio"/> Yes	<input type="radio"/> No
Do you eat meals together as a family?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child drink soda, juice, or other sweetened drinks?	<input type="radio"/> No	<input type="radio"/> Yes
Does your child eat breakfast every day?	<input type="radio"/> Yes	<input type="radio"/> No
<b>Physical Activity</b>		
Is your child physically active at least 1 hour every day? This includes running, playing sports, or active play with friends.	<input type="radio"/> Yes	<input type="radio"/> 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?	<input type="radio"/> No	<input type="radio"/> Yes
Has your family made a family media use plan to help everyone balance time spent on media with other family and personal activities?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child have a regular bedtime?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child have trouble going to sleep or does he wake up during the night?	<input type="radio"/> No	<input type="radio"/> Yes

Please print.

## 8 YEAR VISIT

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

