

*Pediatric Preventive Guidelines-
Anticipatory Guidance/Health Education*

<p>Infancy (0-1 year)</p> <ul style="list-style-type: none"> ☺ Crying ☺ Parent-Child Interaction ☺ Family Planning ☺ Rectal Thermometer ☺ Separation Anxiety ☺ Reading to Child ☺ Sibling Rivalry ☺ Safe Toys ☺ Child Care ☺ Parental Smoking ☺ Television ☺ Drowning Prevention ☺ Discipline/Limits ☺ Syrup of Ipecac ☺ Separation/Stranger Anxiety <p style="text-align: right;">Feeding:</p> <ul style="list-style-type: none"> Feeding position Breast-feeding Iron/Vitamins Pacifier Colic Choking hazards New foods Weaning Balanced meals Obesity Baby bottle syndrome 	<p>Early Childhood (1-5 years)</p> <ul style="list-style-type: none"> ♥ Temper tantrums ♥ Limiting TV and videos ♥ Developing routines ♥ Praising Child ♥ Nightmares and other fears ♥ Discipline/Setting limits ♥ Security objects (blanket) ♥ Communicating needs ♥ Toilet training ♥ Dealing with strangers ♥ Water/Playground safety ♥ Street safety ♥ Syrup of Ipecac ♥ Child care/play groups <p style="text-align: right;">Nutrition/Oral health:</p> <ul style="list-style-type: none"> Baby bottle syndrome Self-feeding/Utensils Using a cup Vitamins Trying new foods Balanced meals “Picky” eating Food in child care Brushing habits Fluoride supplements
<p>Middle Childhood (5-11 years)</p> <ul style="list-style-type: none"> ☞ Hyperactivity ☞ Television/Exercise ☞ Peer Relations ☞ Need for privacy ☞ Discipline/Limits ☞ Self-image ☞ Street Safety ☞ Alcohol/drugs/smoking ☞ Gun safety ☞ Child Passenger Safety ☞ Knowing child’s friends ☞ Personal hygiene ☞ Assigning chores ☞ After school programs ☞ Meeting with teachers ☞ Teaching respect for authority ☞ Resolving conflicts/handling anger <p style="text-align: right;">Nutrition/Oral health:</p> <ul style="list-style-type: none"> Variety of foods Nutritious snacks Balanced meals Proper amounts Obesity Brushing habits Fluoride supplements Dental sealants Braces/orthodontics Losing baby teeth Avoiding tobacco 	<p>Adolescence (11-21 years)</p> <ul style="list-style-type: none"> ☞ Hobbies ☞ Peer Relations ☞ School Performance ☞ Television ☞ Substance abuse ☞ Planning for future ☞ Self-image/Dieting ☞ Sexual Identity/Dating ☞ Sex education/STD’s ☞ Sports Injuries ☞ Seatbelts/Airbags ☞ Depression/Anxiety ☞ Discipline/Limits ☞ Alcohol/Drugs/Smoking ☞ Violent Behavior ☞ Firearm safety ☞ Suicide <p style="text-align: right;">Nutrition/Oral health:</p> <ul style="list-style-type: none"> Balanced meals Obesity Iron Folic Acid Calcium Nutritious Snacks Brushing/Flossing Mouthguards Braces/Orthodontics Dental sealants Avoiding tobacco