



Barrow Pediatrics

and Adolescent Medicine

Please Follow These Instructions and Bring the Completed Form to Your Visit:

You can: 1) Use a Computer to complete your answers; or 2) Print out a blank form and use a pen to complete your answers. For those with access to a Computer, Option #1 will be the easiest method.

Option #1: Complete the Form using a Computer:

1. Open the downloaded PDF file and complete the Well-Check form using your Computer.
2. **Save all changes.** *You will lose your work* if you do not save your changes before printing out the completed form.
3. Print out the completed Well-Check form as a one-sided document on front-side of pages.
4. Bring the completed, printed form to our office at your appointment time.
5. Give the completed form to our receptionist.

Option #2: Print Out a Blank Form and use a pen to complete your answers.

1. Open the downloaded PDF file and print out a blank Well-Check form as a one-sided document on front-side of pages.
2. Complete the Well-Check form using a pen.
3. Bring the completed, printed form to our office at your appointment time.
4. Give the completed form to our receptionist.

NOTE: Parents of 11-12 year olds, 13-14 year olds, and 15-17 year olds have a separate Parent Well-Check form to complete for your child. This additional form is included in the downloaded PDF form file.

Thank You for Completing Your Child's Well-Check Form in Advance!

This will help reduce the wait time spent at your child's office visit.

American Academy of Pediatrics



BRIGHT FUTURES PREVISIT QUESTIONNAIRE

10 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 area for response to the question about concerns, questions, or problems to discuss today.

TELL US ABOUT YOUR CHILD AND FAMILY.

What excites or delights you most about your child?

Blank area for response to the question about what excites or delights the child most.

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

Blank area for response to the question about special health care needs.

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

Blank area for response to the question about major changes in life.

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 area for response to the question about relatives' medical problems.

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 area for response to the question about concerns about development, learning, or behavior.

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

Please print.

10 YEAR VISIT

RISK ASSESSMENT

Anemia	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
Oral health	Does your child's primary water source contain fluoride?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> 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)?	<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

Neighborhood and Family Violence		
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 felt excluded or not a part of any group of friends?	<input type="radio"/> No	<input type="radio"/> Yes
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
Food Security		
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
Tobacco, E-cigarettes, Alcohol, and Drugs		
Is there anyone in your child's life whose alcohol or drug use concerns you?	<input type="radio"/> No	<input type="radio"/> Yes
Do any of your child's friends smoke, use or vape e-cigarettes, drink alcohol or beer, or use drugs?	<input type="radio"/> No	<input type="radio"/> Yes
Harm From the Internet		
Do you know about your child's Internet use?	<input type="radio"/> Yes	<input type="radio"/> No
Do you have rules for the Internet?	<input type="radio"/> Yes	<input type="radio"/> No
Have you installed an Internet safety filter on computers, tablets, and smartphones?	<input type="radio"/> Yes	<input type="radio"/> No
Emotional Security and Self-esteem		
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
Does your child have the chance to help others at home, at school, or in your community?	<input type="radio"/> Yes	<input type="radio"/> No
Connectedness With Family and Peers		
Do your family members 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
Does your child have chores or responsibilities at home?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child have friends at school or in your neighborhood?	<input type="radio"/> Yes	<input type="radio"/> No

Please print.

10 YEAR VISIT

YOUR GROWING CHILD

Temper Problems, Setting Reasonable Limits, and Friends		
Has your child experienced any recent stresses at home or in school?	<input type="radio"/> No	<input type="radio"/> Yes
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 help your child control his anger, deal with worries, and solve problems?	<input type="radio"/> Yes	<input type="radio"/> No
Have you and your child talked about how to say no to smoking, alcohol, and drug use?	<input type="radio"/> Yes	<input type="radio"/> No
Onset of Puberty and Sexual Safety		
Have you talked with your child about the body changes that occur during puberty?	<input type="radio"/> Yes	<input type="radio"/> No
Have you discussed privacy and body safety with your child?	<input type="radio"/> Yes	<input type="radio"/> No
Have you and your child talked about sex?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child know to tell a trusted adult if someone touches her private parts or if someone encourages her to do other things that make her uncomfortable or she knows are wrong?	<input type="radio"/> Yes	<input type="radio"/> No

SCHOOL

Do you have concerns about your child's school experience?	<input type="radio"/> No	<input type="radio"/> Yes
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 in any subjects?	<input type="radio"/> No	<input type="radio"/> Yes
Does your child participate in activities outside of school?	<input type="radio"/> Yes	<input type="radio"/> No

STAYING HEALTHY

Healthy Teeth		
Does your child have a dentist?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child brush and floss his teeth every day?	<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
Does your child regularly drink soda, juice, or other sugar-sweetened drinks?	<input type="radio"/> No	<input type="radio"/> Yes
Nutrition		
Do you have any concerns about your child's weight?	<input type="radio"/> No	<input type="radio"/> Yes
Do you have any concerns about her eating? This includes drinking enough milk and eating vegetables and fruits.	<input type="radio"/> No	<input type="radio"/> Yes
Do you eat family meals together?	<input type="radio"/> Yes	<input type="radio"/> No
Do you hear your child talking about how he looks or dieting?	<input type="radio"/> No	<input type="radio"/> Yes
Physical Activity		
Is your child physically active at least 1 hour a day? This includes running, playing sports, or active play with friends.	<input type="radio"/> Yes	<input type="radio"/> No
Do you have any concerns about your child's physical activity level, such as it being either too much or too little?	<input type="radio"/> No	<input type="radio"/> Yes
Does your child have trouble going to sleep or does she wake up during the night?	<input type="radio"/> No	<input type="radio"/> Yes
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

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 she rides in a vehicle?	<input type="radio"/> Yes	<input type="radio"/> No
Does everyone in the vehicle always use a lap and shoulder seat belt?	<input type="radio"/> Yes	<input type="radio"/> No
Safety During Physical Activity		
Does your child always wear a helmet to protect his head when biking, skating, or doing other outdoor activities?	<input type="radio"/> Yes	<input type="radio"/> No

Please print.

10 YEAR VISIT

SAFETY (CONTINUED)

Outdoor Safety		
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 her in the water and never to swim alone?	<input type="radio"/> Yes	<input type="radio"/> No
Does your child always use sunscreen when playing outside?	<input type="radio"/> Yes	<input type="radio"/> No
Knowing Your Child's Friends and Their Families		
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 are not there?	<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

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*
 For more information, go to <https://brightfutures.aap.org>.

