

**Appendix A**

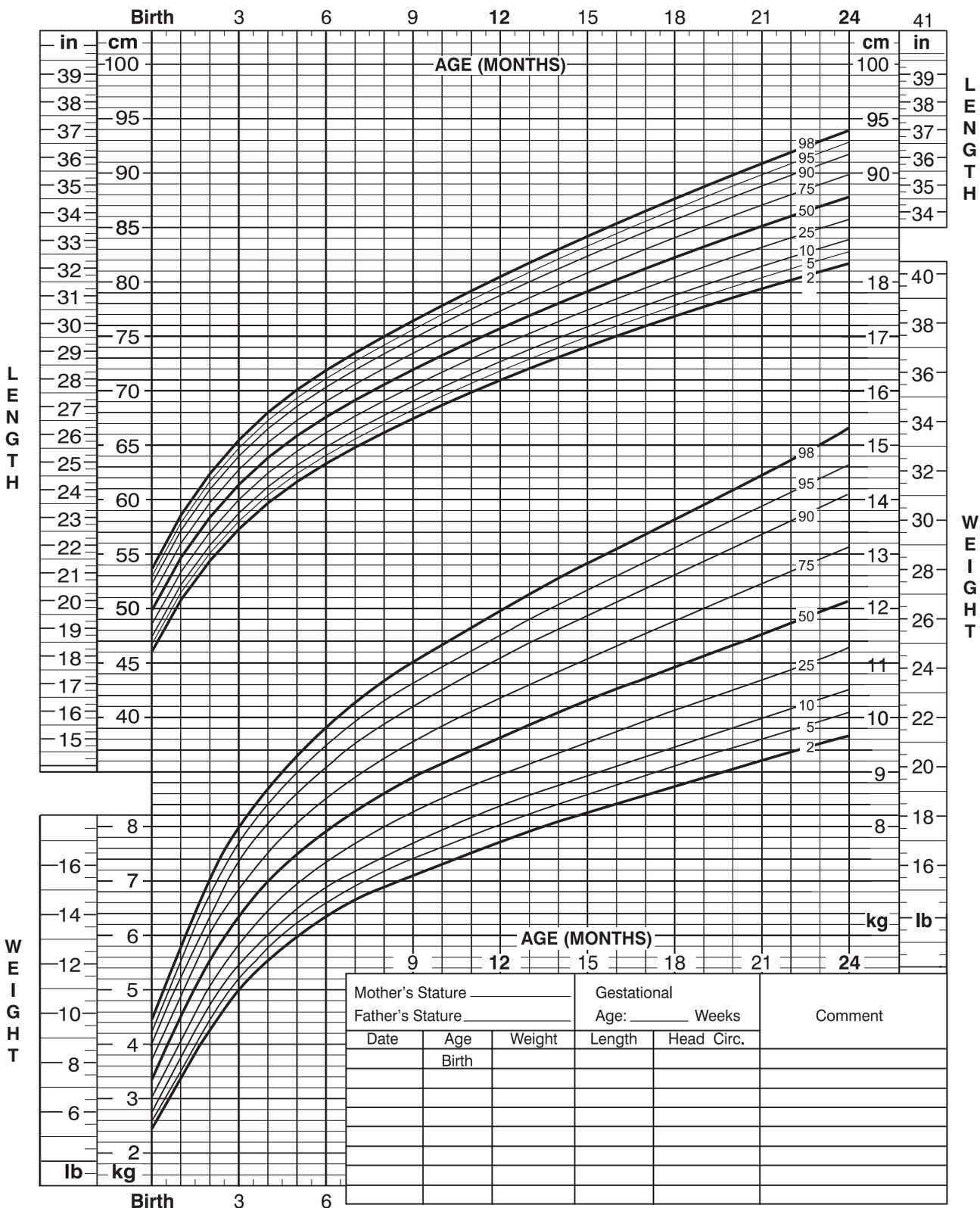
# **World Health Organization Growth Charts**



### Birth to 24 months: Boys Length-for-age and Weight-for-age percentiles

NAME \_\_\_\_\_

RECORD # \_\_\_\_\_



Mother's Stature _____		Gestational Age: _____ Weeks		Comment
Father's Stature _____				
Date	Age	Weight	Length	Head Circ.
	Birth			

Published by the Centers for Disease Control and Prevention, November 1, 2009  
SOURCE: WHO Child Growth Standards (<http://www.who.int/childgrowth/en>)

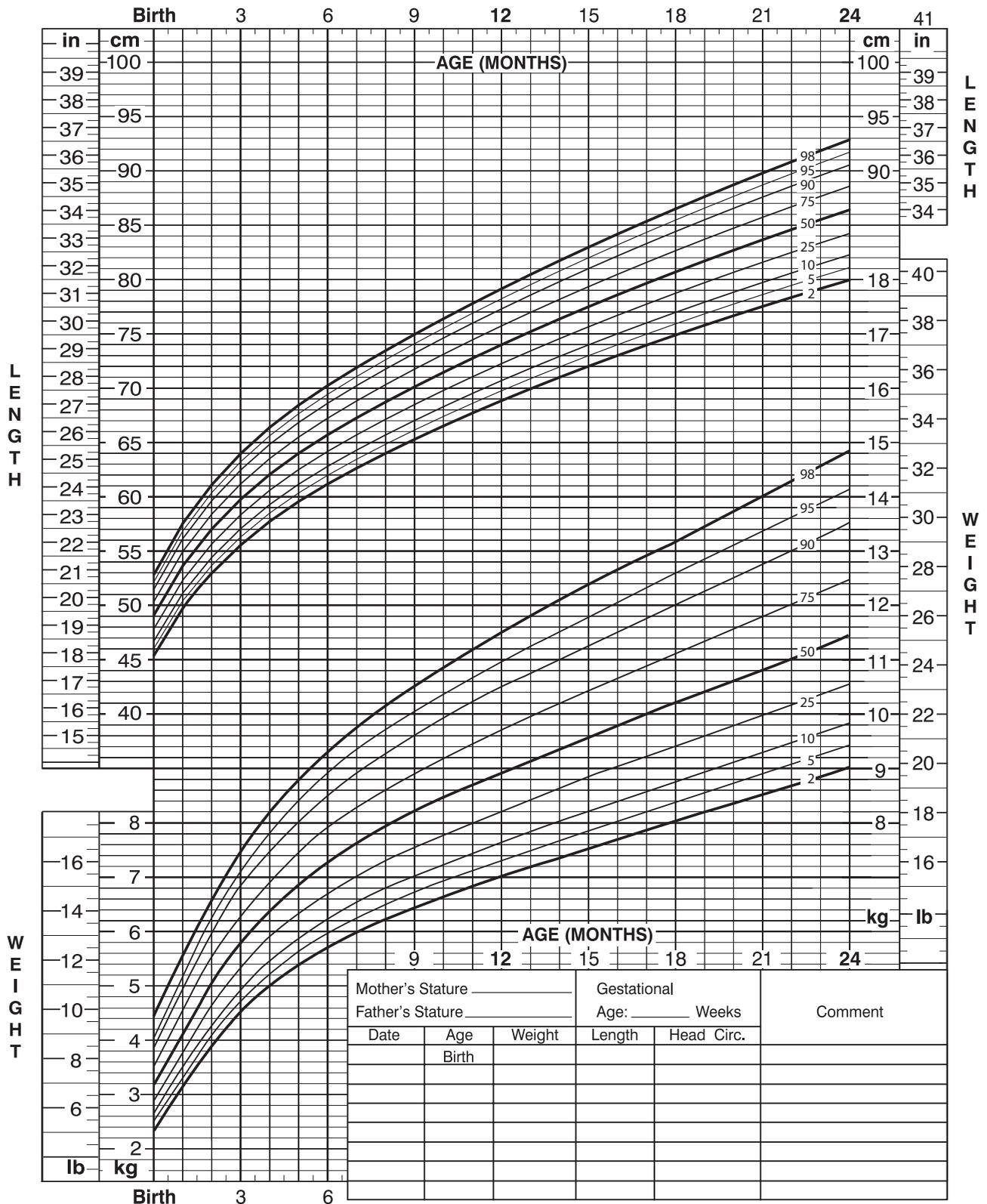




**Birth to 24 months: Girls**

NAME \_\_\_\_\_

RECORD # \_\_\_\_\_



Published by the Centers for Disease Control and Prevention, November 1, 2009  
SOURCE: WHO Child Growth Standards (<http://www.who.int/childgrowth/en>)









**Appendix B**

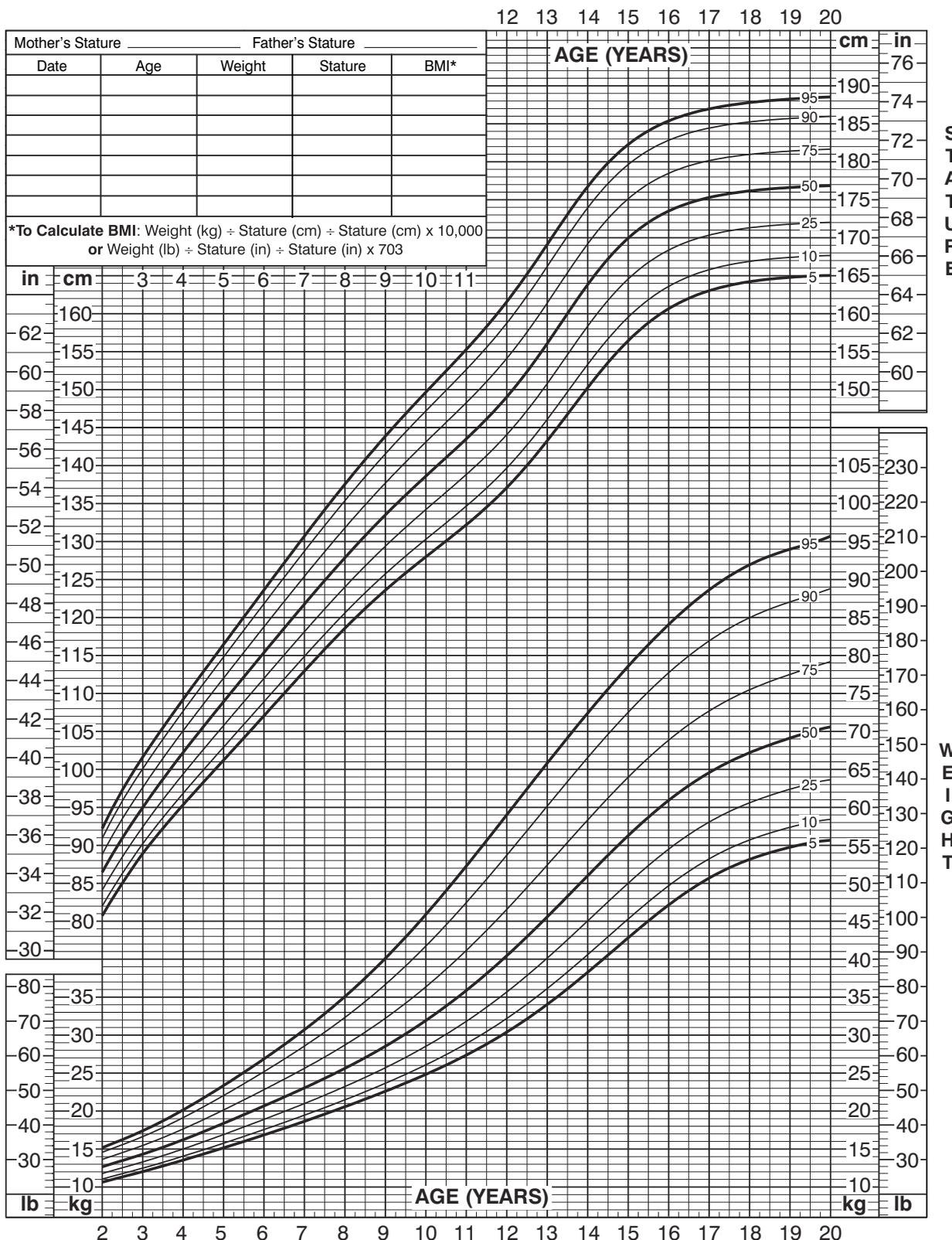
**Centers for Disease Control and Prevention  
Growth Charts**



### 2 to 20 years: Boys Stature-for-age and Weight-for-age percentiles

NAME \_\_\_\_\_

RECORD # \_\_\_\_\_



CENTERS FOR DISEASE CONTROL AND PREVENTION GROWTH CHARTS

Published May 30, 2000 (modified 11/21/00).

SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <http://www.cdc.gov/growthcharts>















## **Appendix C**

BRIGHT FUTURES/AMERICAN ACADEMY OF PEDIATRICS

# **Recommendations for Preventive Pediatric Health Care (Periodicity Schedule)**

Available at

[www.aap.org/periodicityschedule](http://www.aap.org/periodicityschedule)



# Index

Page numbers followed by an *f* or a *t* or *b* denote a figure, table, or box, respectively.

## A

- Abuse. *See* Family violence; Intimate partner violence; Maltreatment and neglect; Sexual abuse
- Abusive head trauma (AHT), 121–122
- ACE Study. *See* Adverse Childhood Experiences (ACE) Study
- Acoustic trauma
- 11 through 14 Year Visits, 761–762
  - 15 through 17 Year Visits, 793–794
  - 18 through 21 Year Visits, 819
- ADHD. *See* Attention-deficit/hyperactivity disorder (ADHD)
- Adolescence
- acoustic trauma in
    - 11 through 14 Year Visits, 761–762
    - 15 through 17 Year Visits, 793–794
    - 18 through 21 Year Visits, 819
  - alcohol use/exposure in
    - 11 through 14 Year Visits, 745–746, 760–761
    - 15 through 17 Year Visits, 777–778, 792–793
    - 18 through 21 Year Visits, 808, 818
  - anxiety disorders in, 138–139
  - asset models for, 110, 110*t*
  - attachment patterns in, 138
  - attention deficits in, 139
  - behavioral concerns/problems in, 140
  - bisexual, youth who identify as, 224–225
  - body image in, 189–190
    - 11 through 14 Year Visits, 751
    - 15 through 17 Year Visits, 783
    - 18 through 21 Year Visits, 811
  - brushing teeth in, 214
  - bullying in
    - 11 through 14 Year Visits, 743–744
    - 15 through 17 Year Visits, 775–776
    - 18 through 21 Year Visits, 805–806
  - calcium in, 183*b*, 188*b*
  - cheerleading safety, 252
  - cognitive development/skills in, 108
    - cognitive deficits, 139
  - communication skills in, 108
  - community connectedness/engagement in
    - 11 through 14 Year Visits, 747–748
    - 15 through 17 Year Visits, 779–780
    - 18 through 21 Year Visits, 809
  - concussions from sports, 251
  - conduct disturbances in, 140
  - connectedness in, 138
    - social connections/skills, 108–109
  - contraception in, 222
  - coping with stress in
    - 11 through 14 Year Visits, 749
    - 15 through 17 Year Visits, 781
    - 18 through 21 Year Visits, 810
  - decision-making skills in
    - 11 through 14 Year Visits, 749
    - 15 through 17 Year Visits, 781
    - 18 through 21 Year Visits, 810
  - deficit models for, 110*t*
  - depression in, 138–139
    - screening for, 283
  - development/developmental surveillance in, 78–79
    - 11 through 14 Year Visits, 739
    - 15 through 17 Year Visits, 771
    - 18 through 21 Year Visits, 802–803
  - cognitive deficits, 139
  - cognitive development/skills, 108
  - developmental domains, 107*t*, 108–109
  - developmental highlights/milestones, 110
  - growth, nutrition for, 187–189
  - healthy development, promotion of, 106–110
  - sexual development and sexuality, 221–225
- diet and nutrition in, 187–190
  - dietary reference intakes, 183*b*, 188*b*
  - growth, nutrition for, 187–189
  - oral health promotion, 213–214
- driving safely in, 248–249
  - 15 through 17 Year Visits, 795–796
  - 18 through 21 Year Visits, 820
- eating disorders in, 189–190
- eating habits in, 189–190
  - 11 through 14 Year Visits, 751–753
  - 15 through 17 Year Visits, 784–785
  - 18 through 21 Year Visits, 812
- eating disorders, 189–190
- e-cigarette use/exposure in
  - 11 through 14 Year Visits, 745–746, 760–761
  - 15 through 17 Year Visits, 777–778, 792–793
  - 18 through 21 Year Visits, 808, 818
- emotional development/well-being in, 108–109, 137, 137*t*
- family dynamic/relationships in
  - 11 through 14 Year Visits, 746–747
  - 15 through 17 Year Visits, 778–779
  - 18 through 21 Year Visits, 808–809
- family support in, 60–61
- fighting in
  - 11 through 14 Year Visits, 743–744
  - 15 through 17 Year Visits, 775–776
  - 18 through 21 Year Visits, 805–806
- firearm safety in
  - 11 through 14 Year Visits, 765
  - 15 through 17 Year Visits, 797
  - 18 through 21 Year Visits, 821
- fluoride in, 213–214



Adolescence (*cont*)

- food security/insecurity in
  - 11 through 14 Year Visits, 745
  - 15 through 17 Year Visits, 777
  - 18 through 21 Year Visits, 807
- friends/peers in
  - 11 through 14 Year Visits, 746–747
  - 15 through 17 Year Visits, 778–779
  - 18 through 21 Year Visits, 808–809
- gang membership, 250
- gay, youth who identify as, 224–225
- gender nonconforming, youth who identify as, 219*b*, 224–225
- health supervision visits in
  - 11 through 14 Year Visits, 733–765
  - 15 through 17 Year Visits, 767–797
  - 18 through 21 Year Visits, 799–821
- helmets, use of
  - 11 through 14 Year Visits, 763
  - 15 through 17 Year Visits, 795–796
  - 18 through 21 Year Visits, 820
- histories (patient and family)
  - 11 through 14 Year Visits, 738
  - 15 through 17 Year Visits, 770
  - 18 through 21 Year Visits, 802
- immunizations in
  - 11 through 14 Year Visits, 742
  - 15 through 17 Year Visits, 774
  - 18 through 21 Year Visits, 805
- learning deficits/disabilities in, 139
- lesbian, youth who identify as, 224–225
- lifelong health promotion in, 35
- linguistic skills in, 108
- living situation in
  - 11 through 14 Year Visits, 745
  - 15 through 17 Year Visits, 777
  - 18 through 21 Year Visits, 807
- medications in (18 through 21 Year Visits), 818
- mental health in
  - 11 through 14 Year Visits, 756–757
  - 15 through 17 Year Visits, 788–789
  - promotion of, 136–145
- models of care for, 110*t*
- mood disorders/regulation in
  - 11 through 14 Year Visits, 756–757
  - 15 through 17 Year Visits, 788–789
  - 18 through 21 Year Visits, 815–816
- motor skills in
  - fine motor skills, 108
  - gross motor skills, 108
- oral health in, 213–214
  - 11 through 14 Year Visits, 750
  - 15 through 17 Year Visits, 782–783
  - 18 through 21 Year Visits, 811
  - brushing teeth, 214
- orthodontics, 214
- parent-child interaction/relationship in
  - 11 through 14 Year Visits, 740
  - 15 through 17 Year Visits, 772
  - 18 through 21 Year Visits, 803
- performance-enhancing substances, use of, 190
- periodontal conditions, 214
- physical activity in, 194*t*, 201–202
  - 11 through 14 Year Visits, 753–755
  - 15 through 17 Year Visits, 786–787
  - 18 through 21 Year Visits, 813–814
- physical examinations in, 271–273
  - 11 through 14 Year Visits, 740–741
  - 15 through 17 Year Visits, 772–773
  - 18 through 21 Year Visits, 804
- pregnancy in, 222
  - 11 through 14 Year Visits, 759–760
  - 15 through 17 Year Visits, 791–792
  - 18 through 21 Year Visits, 817
  - rates of pregnancy, 222
- safety and injury prevention in, 248–252
- school-based health clinics, 273
- school performance in
  - 11 through 14 Year Visits, 748–749
  - 15 through 17 Year Visits, 780–781
  - 18 through 21 Year Visits, 809
- screening/surveillance in
  - 11 through 14 Year Visits, 741–742
  - 15 through 17 Year Visits, 773–774
  - 18 through 21 Year Visits, 804–805
  - substance use/misuse, 141–144
- seat belts, use of
  - 11 through 14 Year Visits, 763
  - 15 through 17 Year Visits, 795–796
  - 18 through 21 Year Visits, 820
- sexual abuse in, 140
- sexual decision-making in, 221
- sexual development and sexuality in, 221–225
  - 11 through 14 Year Visits, 757–758
  - 15 through 17 Year Visits, 789–790
  - 18 through 21 Year Visits, 816
- sexual intercourse in, 221–222
- sexually transmitted infections in, 222
  - 11 through 14 Year Visits, 759–760
  - 15 through 17 Year Visits, 791–792
  - 18 through 21 Year Visits, 817
- sexual orientation in, 224–225
- sleep behaviors, patterns, and safety
  - 11 through 14 Year Visits, 753–755
  - 15 through 17 Year Visits, 786–787
  - 18 through 21 Year Visits, 813–814
- social connections/skills in, 108–109
- social determinants of health in, 24*b*
- social media use in, 233
- special health care needs, adolescents with, 74–75
  - healthy development of, 106–107
  - nutrition for, 190
  - physical activity for, 195–196
- sports in, 250–252
- substance use/exposure in, 141–145
  - 11 through 14 Year Visits, 745–746, 760–761, 764–765
  - 15 through 17 Year Visits, 777–778, 792–793
  - 18 through 21 Year Visits, 808, 818
- suicide in, 140, 250



- sun exposure/protection in
    - 15 through 17 Year Visits, 796–797
    - 18 through 21 Year Visits, 820–821
  - tobacco use/exposure in
    - 11 through 14 Year Visits, 745–746, 760–761
    - 15 through 17 Year Visits, 777–778, 792–793
    - 18 through 21 Year Visits, 808, 818
  - transgender, youth who identify as, 219*b*, 224–225
  - violence in, 249–250
  - vitamin D in, 183*b*
  - weight in
    - healthy weight, 164
    - overweight and obesity, adolescents with, 153, 164
  - Adolescent parents
    - families with, 43–44
    - pregnancy. *See* Adolescence
  - Adopted children, 44–45
  - Adult assistance/care
    - family support. *See* Family support
    - local community resources, 33*b*
    - transitioning to, 814
      - special health care needs, youth with, 75
  - Adverse Childhood Experiences (ACE) Study, 19–20, 19*b*
  - After-school activities/care/programs
    - 5 and 6 Year Visits, 667
    - 7 and 8 Year Visits, 691–692
    - 9 and 10 Year Visits, 725–726
  - Ages and Stages Questionnaires (ASQ)*, 261
  - Aggression. *See also* Behavioral concerns/problems; Mood disorders/regulation
    - in early childhood, chronic, 127*t*
    - anger management
      - 5 and 6 Year Visits, 665
      - 9 and 10 Year Visits, 716–717
  - AHT. *See* Abusive head trauma (AHT)
  - Alcohol use/exposure, 56
    - in infancy
      - Prenatal Visit, 314–315
      - Newborn Visit, 343–344
      - 1 Month Visit, 393–394
      - 6 Month Visit, 465
    - in early childhood
      - 12 Month Visit, 511
      - 2 Year Visit, 572
      - 3 Year Visit, 611
      - 4 Year Visit, 633
    - in middle childhood
      - 5 and 6 Year Visits, 661–662
      - 7 and 8 Year Visits, 686
      - 9 and 10 Year Visits, 712
    - in adolescence
      - 11 through 14 Year Visits, 745–746, 760–761
      - 15 through 17 Year Visits, 777–778, 792–793
      - 18 through 21 Year Visits, 808, 818
    - as a biological determinant of health, 21
    - screening for, 298
  - Alternative care
    - Prenatal Visit guidance, 320, 324
    - family-centered care, 49–50
  - Anemia
    - screening for, 278–279
    - sickle cell. *See* Sickling/sickle cell trait (SCT)
  - Anger management
    - 5 and 6 Year Visits, 665
    - 9 and 10 Year Visits, 716–717
  - Anticipatory guidance, 263, 270
    - Bright Futures anticipatory guidance materials, 8
  - Anxiety disorders
    - in early childhood, 128*t*
    - in middle childhood, 134
    - in adolescence, 138–139
  - ASQ. *See* *Ages and Stages Questionnaires (ASQ)*
  - Asset models for adolescence, 110, 110*t*
  - Athletics. *See* Sports
  - Attachment/attachment patterns
    - in infancy, 119–120, 119*t*
      - 1 Month Visit guidance, 398–400
    - in early childhood, 124
    - in middle childhood, 131–132
    - in adolescence, 138
      - separation anxiety. *See* Separation anxiety
  - Attention-deficit/hyperactivity disorder (ADHD), 133
  - Attention deficits
    - in early childhood, 129*t*
    - in middle childhood, 133
    - in adolescence, 139
  - Autism spectrum disorder
    - early identification of, 129–130
    - screening for, 280
  - Autonomy, 54. *See also* Independence
- ## B
- Babies. *See* Infancy
  - Bedtime/bedtime routine
    - 12 Month Visit, 514–515
    - 15 Month Visit, 535
    - bedtime struggles, 126*t*
    - sleep patterns. *See* Sleep behaviors, patterns, and safety
  - Behavior
    - beliefs and, 54–55
    - biological determinants of health and, 22*f*
    - guidance. *See* Behavioral guidance
    - management of. *See* Behavior management
    - positive behaviors, promotion of, 53–55
    - problems. *See* Behavioral concerns/problems
    - sleep. *See* Sleep behaviors, patterns, and safety
  - Behavioral concerns/problems
    - in early childhood, 124–125, 126*t*–129*t*
    - in middle childhood, 134
    - in adolescence, 140
  - Behavioral guidance
    - in infancy, 89–90
      - 9 Month Visit guidance, 493–494
    - in early childhood, 95–98
      - 12 Month Visit guidance, 513



- Behavior management
  - 15 Month Visit, 536–537
  - 18 Month Visit, 550–551
  - anger management. *See* Anger management
  - obesity prevention, use for, 155
- Beliefs and behaviors, 54–55
- Brendtro's Circle of Courage, 53–54
- Beverages
  - alcoholic. *See* Alcohol use/exposure
  - juice. *See* Juice
  - milk. *See* Milk
  - sugar-sweetened. *See* Sugar-sweetened beverages
  - water. *See* Water in early childhood
- Bilirubin, 291, 277, 340
- Biological determinants of health, 21–23, 22*f*
- Bisexual, youth who identify as, 224–225
- Blood
  - lead poisoning. *See* Lead poisoning
  - newborn screening, 291
  - sickle cell trait. *See* Sickling/sickle cell trait (SCT)
- Blood pressure screening, 281
- Body image, 189–190
  - 11 through 14 Year Visits, 751
  - 15 through 17 Year Visits, 783
  - 18 through 21 Year Visits, 811
- Body mass index (BMI), 151, 152*t*
  - interpreting, 269*t*
  - weight-change targets based on, 161, 162*t*
- Body weight. *See* Weight
- Brain development. *See also* Cognitive development/skills
  - biological determinants of health and, 22*f*
  - early development (First Week Visit [3 to 5 Days]), 372
- Breakfast, importance of, 723–724
- Breastfeeding, 174–175
  - in infancy
    - Prenatal Visit, 323–324, 325
    - Newborn Visit, 352–354
    - First Week Visit (3 to 5 Days), 376–377
    - 1 Month Visit, 404–405
    - 2 Month Visit, 427–428
    - 4 Month Visit, 451
    - 6 Month Visit, 476–477
  - in early childhood, 516–517
  - benefits of, 174, 175*t*
  - cultural influences, 175
  - family support of, 325
  - frequency and amount of, 176–177
  - weaning, 495
- Bright Futures, 1–6
  - anticipatory guidance materials, 8
  - culturally appropriate interventions, 2–3
  - evidence driven, 1–2
  - health and well-being promotion
    - at the clinical practice level, 4–5
    - at the community level, 5–6
    - current and emerging needs, 3
    - at the family level, 3–4
    - at the overall health system level, 5–6
    - at the policy level, 5–6
    - themes, 6, 9
    - use for, 2
  - health supervision visits. *See* Health supervision visits
  - implementing, 8–9
  - life course framework in, 21–30
  - organization of, 6–7
  - preventive services prompting sheet, 8
  - principles, 1
  - quality of care, using to improve, 9
  - strategies, 1
  - systems oriented, 2
  - themes, 6, 13
  - theory based, 1–2
  - tools, 1
    - Bright Futures Tool and Resource Kit*, 8–9, 265*b*
    - who can use, 6
- Brushing teeth. *See also* Oral health
  - in early childhood, 211
    - 12 Month Visit, 514–515
    - 15 Month Visit, 538
  - in middle childhood, 212
    - 5 and 6 Year Visits, 668
    - 7 and 8 Year Visits, 693
    - 9 and 10 Year Visits, 722–723
  - in adolescence, 214
  - special health care needs, children with, 208
- Bullying/cyberbullying
  - in middle childhood, 134–135, 247–248
    - 7 and 8 Year Visits, 684–685
    - 9 and 10 Year Visits, 710–711
  - in adolescence
    - 11 through 14 Year Visits, 743–744
    - 15 through 17 Year Visits, 775–776
    - 18 through 21 Year Visits, 805–806
  - conduct disturbances from, 756, 788
  - emotional/social development and, 105*t*, 131, 135
  - LGBTQ, youth who identify as, 224
  - neighborhood and community safety and, 660–661
  - parenting advice, 135, 231, 233, 239
  - preventing, 135, 240, 241, 242
  - school performance and, 707
  - types of, 134
  - StopBullying.gov, 135
- Burns, prevention of
  - in infancy
    - First Week Visit (3 to 5 Days), 381
    - 2 Month Visit, 432
    - 6 Month Visit, 480
    - 9 Month Visit, 498–499
  - in early childhood
    - 18 Month Visit, 561–562
    - 2½ Year Visit, 601
- Burping newborns, 375–376



## C

- Calcium
  - in infancy, 183b
  - in early childhood, 183b
  - in middle childhood, 186
    - 5 and 6 Year Visits, 669–670
    - 7 and 8 Year Visits, 694–695
    - dietary reference intakes, 183b
  - in adolescence, 183b, 188b
  - dietary reference intakes, 183b, 188b
- Calming the baby
  - Newborn Visit guidance, 350
  - First Week Visit (3 to 5 Days) guidance, 373–374
  - 4 Month Visit guidance, 443
  - 6 Month Visit guidance, 471
  - self-calming, 443, 471
- Caloric needs in infancy, 173
- Cardiopulmonary resuscitation (CPR), 236, 242
- Caries, prevention of. *See* Oral health
- Car safety
  - safety seats. *See* Car safety seats
  - seat belts. *See* Seat belts
  - substance use/exposure
    - driving under the influence, 820
    - riding in vehicles (11 through 14 Year Visits), 764–765
- Car safety seats, 327–328
  - in infancy
    - Newborn Visit, 355–356
    - First Week Visit (3 to 5 Days), 378–379
    - 1 Month Visit, 406
    - 2 Month Visit, 430
    - 4 Month Visit, 453
    - 6 Month Visit, 478–479
    - 9 Month Visit, 496–497
  - in early childhood
    - 12 Month Visit, 520
    - 15 Month Visit, 540
    - 18 Month Visit, 559
    - 2 Year Visit, 581
    - 2½ Year Visit, 599–600
    - 3 Year Visit, 621
  - booster seats, 644, 674, 697
- Cervical dysplasia, screening for, 282
- Cheerleading safety, 252
- Child care
  - in infancy
    - Prenatal Visit, 320
    - 2 Month Visit, 418
    - 4 Month Visit, 442
    - 6 Month Visit, 467
    - early care, 84. *See also* Prenatal care
  - in early childhood
    - 12 Month Visit, 511–512
    - early care, 100–101
  - early care
    - in infancy, 84. *See also* Prenatal care
    - in early childhood, 100–101
  - prenatal care. *See* Prenatal care
- Children’s health, definition of, 15b
- Chlamydia trachomatis*. *See also* Sexually transmitted infections (STIs)
  - screening for, 295, 296
- Choking, prevention of
  - in infancy, 480
  - in early childhood, 183
    - 3 Year Visit, 622
- Choline, 172, 319, 352, 376, 404
- Circumcision, 322
- Cognitive behavior management. *See* Behavior management
- Cognitive development/skills
  - in infancy, 81–83
    - 9 Month Visit guidance, 490
  - in early childhood, 91–93
  - in middle childhood, 104
  - in adolescence, 108
    - cognitive deficits, 139
    - attention deficits. *See* Attention deficits
    - cognitive deficits
      - in adolescence, 139
      - special health care needs for children with. *See* Special health care needs, children with
- Communication
  - parent-infant. *See* Parent-child interaction/relationship skills. *See* Communication skills
- Communication skills. *See also* Linguistic skills
  - in infancy, 81–83
    - 6 Month Visit, 468–469
    - 6 Month Visit guidance, 491
  - in early childhood, 91–93
    - 15 Month Visit, 534
    - 2 Year Visit, 577
  - in middle childhood, 104
  - in adolescence, 108
- Community connectedness/engagement
  - in early childhood (4 Year Visit), 635
  - in adolescence
    - 11 through 14 Year Visits, 747–748
    - 15 through 17 Year Visits, 779–780
    - 18 through 21 Year Visits, 809
- Community partnerships/support
  - for healthy nutrition, 170–171
  - identifying and building on, 32–35
  - local community resources, 32, 33b
  - obesity prevention, role in, 157t
- Community safety. *See* Neighborhood and community safety/violence
- Competence and mastery, 53
- Complementary and alternative care
  - Prenatal Visit guidance, 320, 324
  - family-centered care, 49–50
- Complementary foods in infancy, 177–179
- Computer viewing, 55. *See also* Media use/exposure
- Concussions from sports, 251
- Conduct disturbances. *See* Behavioral concerns/problems
- Confidentiality of health supervision visits, 268b
- Congenital heart disease, screening for, 292



- Connectedness, 54  
in early childhood  
    community connectedness/engagement, 635  
    difficulty in forming friendships, 128*t*  
    social connections/skills, 93, 95, 128*t*  
in middle childhood, 131–132  
    social connections/skills, 104, 105*t*  
in adolescence, 138  
    community connectedness. *See* Community connectedness/engagement  
    social connections/skills, 108–109  
with the community. *See* Community connectedness/engagement  
with the family. *See* Family dynamic/relationships  
social connections. *See* Friends/peers; Social connections/skills
- Contraception in adolescence, 222
- Coping with stress in adolescence  
    11 through 14 Year Visits, 749  
    15 through 17 Year Visits, 781  
    18 through 21 Year Visits, 810
- CPR. *See* Cardiopulmonary resuscitation (CPR)
- Crying, 88. *See also* Calming the baby; Fussiness in infancy
- Cultural influences, 54–55  
in infancy, 84  
    Prenatal Visit guidance, 317  
in early childhood, 93  
appropriate interventions, 2–3  
breastfeeding, 175  
families, beliefs and culture of, 54–55  
on food, 168–169  
in safety and injury prevention, 237–238  
weight, 169
- Cup drinking in infancy, 494–495
- Cyberbullying. *See* Bullying/cyberbullying
- D**
- Daily routines and rituals, 54  
in infancy (4 Month Visit), 444  
in early childhood  
    2½ Year Visit, 592  
    4 Year Visit, 641  
    daily living tasks, 94  
bedtime routine. *See* Bedtime/bedtime routine  
familial. *See* Family rules and routines
- Dampness in home  
    Prenatal Visit guidance, 311  
    1 Month Visit guidance, 391–392
- Decision-making skills  
in early childhood  
    2½ Year Visit, 595  
    giving children choices, 595  
in adolescence  
    11 through 14 Year Visits, 749  
    15 through 17 Year Visits, 781  
    18 through 21 Year Visits, 810  
shared decision-making, 31–32
- Deficit models for adolescence, 110*t*
- Dental caries, prevention of. *See* Oral health
- Dental checkups. *See also* Oral health  
    12 Month Visit, 519  
    7 and 8 Year Visits, 693  
    9 and 10 Year Visits, 722–723
- Dental home. *See also* Oral health  
    importance of, 206–207  
    responsibilities of, 206*t*
- Depression  
in adolescence, 138–139  
    screening for, 283  
maternal/parental. *See* Maternal/parental depression  
screening for  
    adolescent depression, 283  
    maternal depression, 283
- Determinants of health  
biological, 21–23, 22*f*  
physical, 28–30  
social. *See* Social determinants of health
- Development/developmental surveillance, 77–79, 284  
in infancy, 78  
    Prenatal Visit, 308  
    Newborn Visit, 337  
    First Week Visit (3 to 5 Days), 363–364  
    1 Month Visit, 386  
    2 Month Visit, 412  
    4 Month Visit, 436  
    6 Month Visit, 460  
    9 Month Visit, 484  
cognitive development/skills, 81–83, 490  
developmental domains, 81–84  
developmental highlights/milestones, 84–90  
growth, nutrition for, 172–173  
healthy development, promotion of, 79–90  
sexual development and sexuality, 217–218  
in early childhood, 78  
    12 Month Visit, 506, 513  
    15 Month Visit, 528  
    18 Month Visit, 546  
    2 Year Visit, 566, 574  
    2½ Year Visit, 588  
    3 Year Visit, 606  
    4 Year Visit, 628  
cognitive development/skills, 91–93  
developmental domains, 91–93  
developmental highlights/milestones, 94–102  
growth, nutrition for, 182–184  
healthy development, promotion of, 90–102  
sexual development and sexuality, 218–219  
in middle childhood, 78–79  
    5 and 6 Year Visits, 656  
    7 and 8 Year Visits, 681  
    9 and 10 Year Visits, 707  
cognitive development/skills, 104  
developmental domains, 103–104, 105*t*  
developmental highlights/milestones, 106  
growth, nutrition for, 185–186  
healthy development, promotion of, 102–106  
puberty/pubertal development, 690, 718–721  
sexual development and sexuality, 219–221



- in adolescence, 78–79
    - 11 through 14 Year Visits, 739
    - 15 through 17 Year Visits, 771
    - 18 through 21 Year Visits, 802–803
    - cognitive deficits, 139
    - cognitive development/skills, 108
    - developmental domains, 107*t*, 108–109
    - developmental highlights/milestones, 110
    - growth, nutrition for, 187–189
    - healthy development, promotion of, 106–110
    - sexual development and sexuality, 221–225
  - brain. *See* Brain development
  - cognitive. *See* Cognitive development/skills
  - Eco-Bio-Developmental Model of Human Health
    - and Disease, 16–17, 16*f*
  - healthy development, promotion of, 77–110
  - life course perspective of, 18*f*. *See also* Life course framework
  - local community resources, 33*b*
  - mobility, 490
  - in puberty. *See* Puberty/pubertal development
  - and safety, 236–237
  - special health care needs, children with
    - in infancy, 80–81
    - in early childhood, 90
    - in middle childhood, 103
    - in adolescence, 106–107
  - Diet and nutrition. *See also* Food/feeding
    - in preconception/prenatal periods, 171–172
      - Prenatal Visit guidance, 319
    - in infancy, 172–182
      - Prenatal Visit guidance, 319
      - Newborn Visit guidance, 346
    - in early childhood, 182–185
      - oral health promotion, 211
    - in middle childhood, 185–187
      - 5 and 6 Year Visits, 668–670
      - 7 and 8 Year Visits, 694–695
      - 9 and 10 Year Visits, 723–724
      - oral health promotion, 212
      - saturated fat, 723–724
    - in adolescence, 187–190
      - dietary reference intakes, 183*b*, 188*b*
      - growth, nutrition for, 187–189
      - oral health promotion, 213–214
    - as a biological determinant of health, 22
    - community partnerships, 170–171
    - essential components of, 171
    - familial influences on, 55
    - feeding environment, 167–168
    - healthy nutrition, promotion of, 167–190
    - maternal nutrition, 346
    - oral health, promotion of
      - in early childhood, 211
      - in middle childhood, 212
      - in adolescence, 213–214
    - saturated fats, 723–724
    - snacks. *See* Snacks
    - for sports activities, 196–198
    - sugar intake. *See* Sugar intake
    - whole-grain consumption, 669–670
  - Discipline. *See also* Behavior management
    - in infancy, 89–90
      - in early childhood, 95–98, 98*b*
      - 15 Month Visit, 536–537
  - Disease prevention, 262
  - Distracted driving, prevention of, 249
  - Divorce, impact of, 28
  - Domestic violence. *See* Family violence; Intimate partner violence
  - Domestic violence hotline, 28
  - Down syndrome, 72. *See also* Special health care needs, children with
    - National Down Syndrome Society, 72
  - Drinking, 56. *See also* Fluids
  - Driving safely
    - in adolescence, 248–249
      - 15 through 17 Year Visits, 795–796
      - 18 through 21 Year Visits, 820
    - distracted driving, prevention of, 249
  - Driving under the influence, 820
  - Drizzling in infancy, 447
  - Drowning, prevention of
    - in infancy
      - 2 Month Visit, 432
      - 6 Month Visit, 480
      - 9 Month Visit, 498–499
    - in early childhood (12 Month Visit), 521
  - Drugs
    - Prenatal Visit guidance, 324
    - medications. *See* Medications
    - performance-enhancing substances, 190
    - use/misuse. *See* Substance use/exposure
  - Dyslipidemia, screening for, 285
- ## E
- Early adverse experiences
    - Adverse Childhood Experiences (ACE) Study, 19–20, 19*b*
    - focus on the effects of, 19–20
    - moderating factors, use of, 20
  - Early care. *See also* Early childhood programs
    - in infancy, 84. *See also* Prenatal care
    - in early childhood, 100–101
  - Early childhood
    - alcohol use/exposure in
      - 12 Month Visit, 511
      - 2 Year Visit, 572
      - 3 Year Visit, 611
      - 4 Year Visit, 633
    - attachment patterns in, 124
    - attention deficits in, 129*t*
    - autism spectrum disorder, 129–130. *See also* Autism spectrum disorder
    - bedtime/bedtime routine in
      - 12 Month Visit, 514–515
      - 15 Month Visit, 535
      - bedtime struggles, 126*t*
    - behavioral guidance in, 95–98
      - 12 Month Visit guidance, 513
    - behavioral problems in, 124–125, 126*t*–129*t*
    - behavior management in
      - 15 Month Visit, 536–537
      - 18 Month Visit, 550–551



Early childhood (*cont*)

- breastfeeding in, 516–517
- brushing teeth in, 211
  - 12 Month Visit, 514–515
  - 15 Month Visit, 538
- burns, prevention of
  - 18 Month Visit, 561–562
  - 2½ Year Visit, 601
- calcium in, 183*b*
- car safety seats, use of
  - 12 Month Visit, 520
  - 15 Month Visit, 540
  - 18 Month Visit, 559
  - 2 Year Visit, 581
  - 2½ Year Visit, 599–600
  - 3 Year Visit, 621
- child care in
  - 12 Month Visit, 511–512
  - early care, 100–101
- choking, prevention of, 183
  - 3 Year Visit, 622
- cognitive development/skills in, 91–93
- communication skills in, 91–93
  - 15 Month Visit, 534
  - 2 Year Visit, 577
- community connectedness/engagement in, 635
- connectedness in
  - community connectedness/engagement, 635
  - difficulty in forming friendships, 128*t*
- cultural influences in, 93
- daily routines and rituals in
  - 2½ Year Visit, 592
  - 4 Year Visit, 641
  - daily living tasks, 94
- decision-making skills in
  - 2½ Year Visit, 595
  - giving children choices, 595
- development/developmental surveillance in, 78
  - 12 Month Visit, 506, 513
  - 15 Month Visit, 528
  - 18 Month Visit, 546
  - 2 Year Visit, 566, 574
  - 2½ Year Visit, 588
  - 3 Year Visit, 606
  - 4 Year Visit, 628
  - cognitive development/skills, 91–93
  - developmental domains, 91–93
  - developmental highlights/milestones, 94–102
  - growth, nutrition for, 182–184
  - healthy development, promotion of, 90–102
  - sexual development and sexuality, 218–219
- diet and nutrition in, 182–185
  - oral health promotion, 211
- discipline in, 95–98, 98*b*
  - 15 Month Visit, 536–537
- drowning, prevention of (12 Month Visit), 521
- early care in, 100–101
- early education in, 100–101. *See also* Early childhood programs; Preschool
- emotional development/well-being in, 93
  - 4 Year Visit, 637
- falls, prevention of
  - 15 Month Visit, 541
  - 18 Month Visit, 561–562
  - 3 Year Visit, 622
- family activities in (2½ Year Visit), 592
- family dynamic/relationships in
  - 12 Month Visit, 511–512
  - 3 Year Visit, 612
- family support in, 59
  - 15 Month Visit, 533
- family time in (12 Month Visit), 514
- firearm safety in
  - 18 Month Visit, 560–561
  - 2 Year Visit, 583
  - 3 Year Visit, 623–624
  - 4 Year Visit, 647
- fire safety in
  - 15 Month Visit, 541
  - 18 Month Visit, 561–562
  - 2½ Year Visit, 601
- fluids in, 557, 619, 639. *See also* Juice; Milk; Water in early childhood
- fluoride in, 211
- food/feeding in
  - 12 Month Visit, 516–518
  - 18 Month Visit, 556–558
  - 3 Year Visit, 619
  - 4 Year Visit, 640
  - appetite changes, 182, 182*b*
  - continued breastfeeding, 516–517
  - eating/feeding skills, 184–185
  - expressing likes/dislikes, 558
  - family meals, transition to, 516–517
  - fluids in, 557, 619, 639. *See also* Juice; Milk; Water in early childhood
  - nutritious foods, 517–518, 556–557, 619, 640
  - self-feeding, 516
- food security/insecurity in
  - 12 Month Visit, 510
  - 2 Year Visit, 571
  - 3 Year Visit, 610–611
  - 4 Year Visit, 632–633
- friends/peers in
  - 12 Month Visit, 511–512
  - difficulty in forming friendships, 128*t*
- growth, nutrition for, 182–184
- health supervision visits in
  - 12 Month Visit, 503–523
  - 15 Month Visit, 525–541
  - 18 Month Visit, 543–562
  - 2 Year Visit, 563–583
  - 2½ Year Visit, 585–601
  - 3 Year Visit, 603–624
  - 4 Year Visit, 625–647
- histories (patient and family)
  - 12 Month Visit, 505
  - 15 Month Visit, 527
  - 18 Month Visit, 545



- 2 Year Visit, 565
- 2½ Year Visit, 587
- 3 Year Visit, 605
- 4 Year Visit, 627
- home safety in
  - 12 Month Visit, 522–523
  - 15 Month Visit, 541
  - 18 Month Visit, 561–562
- immunizations in
  - 12 Month Visit, 509
  - 15 Month Visit, 531
  - 18 Month Visit, 549
  - 2 Year Visit, 569
  - 2½ Year Visit, 591
  - 3 Year Visit, 609
  - 4 Year Visit, 631
- individuation in, 100
  - 15 Month Visit, 532
- interventions/programs. *See* Early childhood programs
- intimate partner violence in
  - 2 Year Visit, 570–571
  - 4 Year Visit, 634
- language development in, 91–93
  - 3 Year Visit, 617
  - 4 Year Visit, 636
- learning/learning experiences in
  - 4 Year Visit, 638
  - early childhood programs. *See* Early childhood programs
- lifelong health promotion in, 35
- linguistic skills in, 91–93
  - 18 Month Visit, 553–555
  - 2 Year Visit, 577
  - 2½ Year Visit, 594
- literacy skills in, 98–99
- living situation in
  - 12 Month Visit, 510
  - 2 Year Visit, 571
  - 3 Year Visit, 610–611
  - 4 Year Visit, 632–633
- media use/exposure in
  - 12 Month Visit, 515
  - 2 Year Visit, 576
  - 2½ Year Visit, 596
  - 4 Year Visit, 642–643
  - social media, 231
- mental health promotion in, 123–130
- motor skills in
  - 3 Year Visit, 620
  - fine motor skills, 91
  - gross motor skills, 91, 284
  - screening for, 284
- naptime in, 514–515
- neighborhood and community safety/violence in, 635
- oral health in, 210–212
  - 12 Month Visit, 514–515, 519
  - 15 Month Visit, 538–539
  - caries, reduction of, 538–539
  - dental hygiene, 519
  - first dental checkup, 519
  - outdoor safety in
    - 2 Year Visit, 582
    - 4 Year Visit, 645
  - parent-child interaction/relationship in
    - 12 Month Visit, 507
    - 15 Month Visit, 529, 536
    - 18 Month Visit, 547
    - 2 Year Visit, 567
    - 2½ Year Visit, 589
    - 3 Year Visit, 607
    - 4 Year Visit, 629
  - pedestrian safety in, 622
  - personal hygiene in, 580
  - pets/pet safety in
    - 12 Month Visit, 522
    - 3 Year Visit, 623
    - 4 Year Visit, 646
  - physical activity in, 194*t*, 199–200
    - 18 Month Visit, 554–555
    - 2 Year Visit, 576
    - 3 Year Visit, 620
    - 4 Year Visit, 643
  - physical examinations in, 271, 272*b*
    - 12 Month Visit, 508
    - 15 Month Visit, 530
    - 18 Month Visit, 548
    - 2 Year Visit, 568
    - 2½ Year Visit, 590
    - 3 Year Visit, 608
    - 4 Year Visit, 630
    - calming technique, 272*b*
  - play/playtime in, 99–100
    - 18 Month Visit, 553–555
    - 2 Year Visit, 575, 576
    - 2½ Year Visit, 595
    - 3 Year Visit, 603–624, 614
    - 4 Year Visit, 643
  - poisoning, prevention of
    - 12 Month Visit, 522–523
    - 15 Month Visit, 541
    - 18 Month Visit, 560
  - reading/reading skills in
    - 18 Month Visit, 553–555
    - 2 Year Visit, 578
    - 2½ Year Visit, 594
    - 3 Year Visit, 616
  - safety and injury prevention in, 245–246
  - school readiness in, 101–102, 102*b*
  - screening/surveillance in
    - 12 Month Visit, 509
    - 18 Month Visit, 549
    - 2 Year Visit, 569
    - 2½ Year Visit, 590
    - 3 Year Visit, 609
    - 4 Year Visit, 631
  - self-regulation in, 94
  - separation anxiety in, 100
    - 15 Month Visit, 533
    - 18 Month Visit, 550–551



Early childhood (*cont*)

- sexual development and sexuality in, 218–219
- sibling adjustment/relationships in, 615
- singing in
  - 18 Month Visit, 553
  - 3 Year Visit, 616
- sleep behaviors, patterns, and safety, 94
  - 12 Month Visit, 514–515
  - 15 Month Visit, 535
  - bedtime struggles, 126*t*
- social connections/skills in, 93, 95
  - 12 Month Visit, 511–512
  - 4 Year Visit, 637
  - difficulty in forming friendships, 128*t*
- social media use in, 231
- special health care needs, children with, 72–73
  - healthy development of, 90
  - nutritional health for, 185
- substance use/exposure in
  - 12 Month Visit, 511
  - 2 Year Visit, 572
  - 3 Year Visit, 611
  - 4 Year Visit, 633
- sun exposure/protection in
  - 12 Month Visit, 522
  - 18 Month Visit, 560
  - 2½ Year Visit, 601
  - 4 Year Visit, 646
- talking in
  - 18 Month Visit, 553
  - 3 Year Visit, 616
- tantrums in
  - 12 Month Visit, 513
  - 15 Month Visit, 536
  - excessive, 127*t*
- teaching children in, 95–98
- temperament in, 93
  - 2 Year Visit, 575
- tobacco use/exposure in
  - 12 Month Visit, 511
  - 2 Year Visit, 572
  - 3 Year Visit, 611
  - 4 Year Visit, 633
- toilet training in, 95
  - 18 Month Visit, 551
  - 2 Year Visit, 579
  - readiness, signs of, 551
  - resistance to, 126*t*
- vitamin D in, 183*b*
- water safety in
  - 12 Month Visit, 521
  - 2½ Year Visit, 600
  - 3 Year Visit, 623
  - 4 Year Visit, 645
- weight in
  - healthy weight, 163
  - overweight and obesity, children with, 152–153, 163

- Early childhood programs
  - health supervision visits
    - 2½ Year Visit, 597
    - 4 Year Visit, 638
  - rate of return on investments in, 17*f*
  - readiness for, 597–598
- Early education
  - in infancy, 84
  - in early childhood, 100–101. *See also* Early childhood programs; Preschool
  - as a social determinant of health, 23
- Early Head Start, 23
- Eating disorders
  - in middle childhood (9 and 10 Year Visits), 723–724
  - in adolescence, 189–190
- Eating habits. *See also* Diet and nutrition
  - in middle childhood, 186–187
    - 7 and 8 Year Visits, 694–695
    - 9 and 10 Year Visits, 723–724
  - in adolescence, 189–190
    - 11 through 14 Year Visits, 751–753
    - 15 through 17 Year Visits, 784–785
    - 18 through 21 Year Visits, 812
    - eating disorders, 189–190
- E-cigarette use/exposure
  - in middle childhood
    - 5 and 6 Year Visits, 661–662
    - 7 and 8 Year Visits, 686
    - 9 and 10 Year Visits, 712
  - in adolescence
    - 11 through 14 Year Visits, 745–746, 760–761
    - 15 through 17 Year Visits, 777–778, 792–793
    - 18 through 21 Year Visits, 808, 818
- Eco-Bio-Developmental Model of Human Health and Disease, 16–17, 16*f*
- Ecological determinants of health
  - physical determinants, 28–30
  - social determinants. *See* Social determinants of health
- Emergency preparedness/readiness
  - First Week Visit (3 to 5 Days) guidance, 374
  - 1 Month Visit, 408
  - for parents, 236*b*, 374
- Emotional development/well-being. *See also* Mental health
  - in infancy, 83–84
  - in early childhood, 93
    - 4 Year Visit, 637
  - in middle childhood, 104, 105*t*
    - 5 and 6 Year Visits, 662
    - 7 and 8 Year Visits, 687
    - 9 and 10 Year Visits, 714
  - in adolescence, 108–109, 137, 137*t*
  - anger management. *See* Anger management
  - anxiety disorders. *See* Anxiety disorders
  - attachment/attachment patterns. *See* Attachment/attachment patterns
  - mood disorders. *See* Mood disorders/regulation
  - self-esteem. *See* Self-esteem
  - separation anxiety. *See* Separation anxiety



- Empathy, 53–54  
 in middle childhood (5 and 6 Year Visits), 664–665
- Energy needs in infancy, 173
- Environment  
 consistency in child's environment, 593  
 home environment, 47–48. *See also* Home safety;  
 Living situation
- Epigenetics, 3, 16f, 19, 22f, 77
- F**
- Falls, prevention of  
 in infancy  
 1 Month Visit, 408  
 2 Month Visit, 432  
 6 Month Visit, 480  
 9 Month Visit, 498–499  
 in early childhood  
 15 Month Visit, 541  
 18 Month Visit, 561–562  
 3 Year Visit, 622
- Families, 42–43  
 with adolescent parents, 43–44  
 with adopted children, 44–45  
 alcohol use. *See* Alcohol use/exposure  
 beliefs and culture of, 54–55. *See also* Cultural influences  
 change and stress in, 51–52  
 with children who have special health care needs, 47  
 connectedness to. *See* Family dynamic/relationships  
 description of, 41  
 environment  
 effect of, 47–48  
 living situation. *See* Living situation  
 father's role, 43  
 with foster care children, 45–47  
 grandparents' role, 42  
 histories. *See* Histories (patient and family)  
 immigrant families, 42  
 obesity prevention, role in, 154, 156t–157t  
 partnering effectively with, 48–53. *See also* Family support  
 promoting positive behaviors in children, 53–55  
 protective factors for, 26b  
 rules and routines. *See* Family rules and routines  
 safety and injury prevention, 237–238  
 with same-sex parents, 44  
 siblings. *See* Sibling adjustment/relationships  
 social media use, family plan for, 232b  
 substance use. *See* Substance use/exposure  
 support for. *See* Family support  
 tobacco use. *See* Tobacco use/exposure  
 violence in. *See* Family violence; Intimate partner violence;  
 Maltreatment and neglect;  
 Sexual abuse
- Family-centered care, 48–49  
 complementary and alternative care, 49–50  
 immunization refusal, 50–51
- Family constellation, 42–47  
 Prenatal Visit guidance, 317
- Family dynamic/relationships. *See also* Parent-child interaction/  
 relationship; Sibling adjustment/  
 relationships  
 in infancy  
 Prenatal Visit, 308  
 1 Month Visit, 397  
 4 Month Visit, 441  
 6 Month Visit, 466  
 9 Month Visit, 490  
 in early childhood  
 12 Month Visit, 511–512  
 3 Year Visit, 612  
 in middle childhood  
 5 and 6 Year Visits, 663  
 7 and 8 Year Visits, 688  
 9 and 10 Year Visits, 715  
 in adolescence  
 11 through 14 Year Visits, 746–747  
 15 through 17 Year Visits, 778–779  
 18 through 21 Year Visits, 808–809
- Family media use plan, 232
- Family rules and routines  
 5 and 6 Year Visits, 664–665  
 7 and 8 Year Visits, 689–690  
 daily routines and rituals, 54
- Family support. *See also* Family-centered care  
 in infancy, 58–59  
 Prenatal Visit, 316–317  
 Newborn Visit, 345  
 First Week Visit (3 to 5 Days), 368–369  
 1 Month Visit, 395  
 2 Month Visit, 417  
 4 Month Visit, 441  
 6 Month Visit, 466  
 9 Month Visit, 490  
 mental health support for infant illness, 122–123  
 in early childhood, 59  
 15 Month Visit, 533  
 in middle childhood, 59–60  
 in adolescence, 60–61  
 of breastfeeding, 325  
 local community resources, 32, 33b  
 mental health support for infant illness, 122–123  
 promotion of, 41–61  
 special health care needs, children with, 47  
 family-centered team approach, 68t
- Family violence  
 5 and 6 Year Visits, 660–661  
 7 and 8 Year Visits, 684–685  
 9 and 10 Year Visits, 710–711  
 intimate partner violence. *See* Intimate partner violence  
 maltreatment. *See* Maltreatment and neglect  
 sexual abuse. *See* Sexual abuse
- Father's role, 43
- Feeding. *See* Breastfeeding; Diet and nutrition; Food/feeding;  
 Formula feeding
- Feelings. *See* Emotional development/well-being



- Fighting**  
in middle childhood  
7 and 8 Year Visits, 684–685  
9 and 10 Year Visits, 710–711  
in adolescence  
11 through 14 Year Visits, 743–744  
15 through 17 Year Visits, 775–776  
18 through 21 Year Visits, 805–806
- Finger sucking**, 206b, 211–212, 214, 519
- Firearm safety**  
in infancy  
Prenatal Visit, 331  
9 Month Visit, 498  
in early childhood  
18 Month Visit, 560–561  
2 Year Visit, 583  
3 Year Visit, 623–624  
4 Year Visit, 647  
in middle childhood  
5 and 6 Year Visits, 676  
7 and 8 Year Visits, 701  
9 and 10 Year Visits, 730  
in adolescence  
11 through 14 Year Visits, 765  
15 through 17 Year Visits, 797  
18 through 21 Year Visits, 821
- Fire safety**. *See also* Burns, prevention of  
in early childhood  
15 Month Visit, 541  
18 Month Visit, 561–562  
2½ Year Visit, 601  
in middle childhood (5 and 6 Year Visits), 675–676
- Flossing**. *See also* Oral health  
5 and 6 Year Visits, 668  
7 and 8 Year Visits, 693  
9 and 10 Year Visits, 722–723  
special health care needs, children with, 208
- Fluids**  
in infancy, 476  
cup drinking, 494–495  
in early childhood, 557, 618, 639. *See also* Juice; Milk;  
Water in early childhood
- Fluoride**, 207–208  
in infancy (6 Month Visit), 472  
in early childhood, 211  
in middle childhood, 212  
5 and 6 Year Visits, 668  
7 and 8 Year Visits, 693  
9 and 10 Year Visits, 722–723  
in adolescence, 213–214  
dental varnishing, 293, 294  
supplementation, 293, 294  
toothpaste, 207, 209, 211, 212, 214
- Folate intake**, 188b
- Folic acid**, 171
- Food/feeding**. *See also* Diet and nutrition  
in infancy  
Newborn Visit, 351–354  
First Week Visit (3 to 5 Days), 375–378  
1 Month Visit, 402–405  
2 Month Visit, 426–429  
4 Month Visit, 449–452  
6 Month Visit, 473–477  
9 Month Visit, 494–495  
allergies/sensitivities, 179  
breastfeeding. *See* Breastfeeding  
complementary foods, 177–179  
cup drinking, 494–495  
delaying solid foods, 426, 450  
eating/feeding problems, 179–180  
feeding environment, 180  
financial resources for feeding, 326  
food insecurity. *See* Food security/insecurity  
formula feeding. *See* Formula feeding  
grazing, 449–450  
hunger cues, 176, 375–376, 427  
mealtime routines, 494–495  
pesticide exposure. *See* Pesticide exposure  
satiation cues, 375–376, 427  
self-feeding, 494–495  
solid foods, 426, 450, 474–475, 494–495  
strategies, 375–376  
table food, introduction to, 494–495  
weaning, 495  
in early childhood  
12 Month Visit, 516–518  
18 Month Visit, 556–558  
3 Year Visit, 619  
4 Year Visit, 640  
appetite changes, 182, 182b  
continued breastfeeding, 516–517  
eating/feeding skills, 184–185  
expressing likes/dislikes, 558  
family meals, transition to, 516–517  
fluids in, 557, 619, 639. *See also* Juice; Milk;  
Water in early childhood  
food insecurity. *See* Food security/insecurity  
nutritious foods, 517–518, 556–557, 619, 640  
self-feeding, 516  
breakfast, importance of, 723–724  
breastfeeding. *See* Breastfeeding  
cultural influences, 168–169  
family meals, early childhood transition to, 516–517  
feeding environment, 167–168  
in infancy, 180  
formula feeding. *See* Formula feeding  
hunger. *See* Hunger  
insecurity. *See* Food security/insecurity  
lactose intolerance, 169  
pesticide exposure. *See* Pesticide exposure  
security. *See* Food security/insecurity  
self-feeding  
in infancy, 494–495  
in early childhood, 516



- snacks. *See* Snacks
  - sugar intake. *See* Sugar intake
  - Food security/insecurity, 169–170
    - in infancy
      - Prenatal Visit, 310–311
      - Newborn Visit, 341–342
      - First Week Visit (3 to 5 Days), 367–368
      - 1 Month Visit, 390–391
      - 2 Month Visit, 416–417
      - 4 Month Visit, 464–465
    - in early childhood
      - 12 Month Visit, 510
      - 2 Year Visit, 571
      - 3 Year Visit, 610–611
      - 4 Year Visit, 632–633
    - in middle childhood
      - 5 and 6 Year Visits, 661
      - 7 and 8 Year Visits, 685
      - 9 and 10 Year Visits, 711
    - in adolescence
      - 11 through 14 Year Visits, 745
      - 15 through 17 Year Visits, 777
      - 18 through 21 Year Visits, 807
  - Formula feeding, 175–176
    - Prenatal Visit, 325–326
    - Newborn Visit, 354
    - First Week Visit (3 to 5 Days), 378
    - 1 Month Visit, 405
    - 2 Month Visit, 429
    - 4 Month Visit, 452
    - 6 Month Visit, 477
    - frequency and amount of, 176–177
    - weaning, 495
  - Foster care children, 44–47
  - Friends/peers
    - in early childhood
      - 12 Month Visit, 511–512
      - difficulty in forming friendships, 128*t*
    - in middle childhood
      - 5 and 6 Year Visits, 666
      - 7 and 8 Year Visits, 688
      - 9 and 10 Year Visits, 729
    - in adolescence
      - 11 through 14 Year Visits, 746–747
      - 15 through 17 Year Visits, 778–779
      - 18 through 21 Year Visits, 808–809
  - Fruit
    - in middle childhood (5 and 6 Year Visits), 669–670
    - pesticides in. *See* Pesticide exposure
  - Fussiness in infancy
    - 1 Month Visit, 398–400
    - 2 Month Visit, 424–425
    - calming the baby. *See* Calming the baby
- G**
- Games. *See also* Play/playtime
    - interactive games in early childhood, 614
  - Gang membership, 250
  - Gastroesophageal reflux disease in infancy, 179–180
  - Gay, youth who identify as, 224–225
  - Gender. *See also* Sexual development and sexuality
    - definitions related to, 219*b*
  - Gender dysphoria, 219*b*
  - Gender expression, 219*b*
  - Gender identity, 219*b*
  - Gender nonconforming, youth who identify as, 219*b*, 224–225
  - Gender role, 219*b*
  - Gonorrhea. *See also* Sexually transmitted infections (STIs)
    - screening for, 296, 297
  - Grandparents' role, 42
  - “Grazing,” 449–450
  - Growth
    - development. *See* Development/developmental surveillance
    - nutrition for
      - in infancy, 172–173
      - in early childhood, 182–184
      - in middle childhood, 185–186, 718–719
      - in adolescence, 187–189
    - spurt in puberty, 718–719
  - Gums. *See* Oral health
- H**
- Handwashing guidance
    - First Week Visit (3 to 5 Days) guidance, 374–375
    - newborn health risks, 322
  - Head Start, 23
  - Health behaviors, 55
  - Health care professionals
    - as community advocates for safety, 242
    - community supports
      - building on, 32–35
      - identification of, 32–35
    - family support, 42–43. *See also* Family support
    - inter-conceptional guidance, 56
    - life course framework implications for, 30–35
    - obesity prevention, role in, 155, 156*t*
    - pre-conceptional guidance, 56
    - prenatal guidance, 56–57. *See also* Prenatal care
    - protective factors, identification of, 31
    - risks
      - addressing, 31
      - identification of, 31
    - sexuality and sexual development, role in, 222–225
    - shared decision-making, establishment of, 31–32
    - strengths, identification of, 31
  - Health disparity, definition of, 15*b*
  - Health equity, definition of, 15*b*
  - Health supervision visits, 7, 7*b*, 259–260
    - in infancy. *See* Infancy
    - in early childhood. *See* Early childhood
    - in middle childhood. *See* Middle childhood
    - in adolescence. *See* Adolescence
    - Anticipatory Guidance section of, 263, 270
    - chart documentation form, 8
    - components of, 265–270
    - confidentiality of, 268*b*
    - content of, 260–265
    - context of, 265



- Health supervision visits (*cont*)
  - developmental surveillance, 267. *See also* Development/developmental surveillance
  - disease detection activities, 260–262
  - disease prevention activities, 262
  - evidence and rationale, 275–301
    - employing evidence at visits, 264–265
  - health promotion, 262–263
  - health supervision, 266–270
  - histories. *See* Histories (patient and family)
  - history component, 266–267
  - immunizations at, 270. *See also* Immunizations
  - outline, 266*b*
  - parent-child interaction, 267. *See also* Parent-child interaction/relationship
  - Periodicity Schedule*, 275–277
  - physical examinations at, 262. *See also* Physical examinations
  - previsit questionnaire, 8
  - priorities for, 265–266
  - privacy of, 268*b*
  - safety and injury prevention counseling in, 239–241
  - screening/surveillance at, 260–262, 270. *See also* Screening/surveillance
    - developmental surveillance, 267. *See also* Development/developmental surveillance
  - special health care needs, children with, 263–264
  - systems review. *See* Systems review (Bright Futures Visits)
  - timing of, 264
- Hearing loss, screening for, 286–288
- Heat-related illness/heatstroke prevention
  - Prenatal Visit, 328–329
  - Newborn Visit, 356
  - First Week Visit (3 to 5 Days), 379–380
  - 9 Month Visit, 497
  - sickling with sickle cell trait, 197*t*
- Helmets, use of
  - 11 through 14 Year Visits, 763
  - 15 through 17 Year Visits, 795–796
  - 18 through 21 Year Visits, 820
- Histories (patient and family)
  - in infancy
    - Prenatal Visit, 307
    - Newborn Visit, 335–337
    - First Week Visit (3 to 5 Days), 363
    - 1 Month Visit, 385
    - 2 Month Visit, 411
    - 4 Month Visit, 435
    - 6 Month Visit, 459
    - 9 Month Visit, 483
  - in early childhood
    - 12 Month Visit, 505
    - 15 Month Visit, 527
    - 18 Month Visit, 545
    - 2 Year Visit, 565
    - 2½ Year Visit, 587
    - 3 Year Visit, 605
    - 4 Year Visit, 627
  - in middle childhood
    - 5 and 6 Year Visits, 655
    - 7 and 8 Year Visits, 680
    - 9 and 10 Year Visits, 706
  - in adolescence
    - 11 through 14 Year Visits, 738
    - 15 through 17 Year Visits, 770
    - 18 through 21 Year Visits, 802
- HIV. *See also* Sexually transmitted infections (STIs)
  - screening for, 288–289
- Holding newborns, 375–376
- Home
  - adjustment to, 372–373
  - dental home. *See also* Oral health
    - importance of, 206–207
    - responsibilities of, 206*t*
  - environment, 47–48. *See also* Living situation
  - medical. *See* Medical home
  - safety. *See* Home safety
  - transition home
    - Newborn Visit guidance, 346–347
    - First Week Visit (3 to 5 Days) guidance, 370
- Home safety
  - in infancy
    - Prenatal Visit, 332
    - Newborn Visit, 359
    - First Week Visit (3 to 5 Days), 381
    - 1 Month Visit, 408
    - 2 Month Visit, 432
    - 4 Month Visit, 454–455
    - 6 Month Visit, 480
    - 9 Month Visit, 498–499
  - in early childhood
    - 12 Month Visit, 522–523
    - 15 Month Visit, 541
    - 18 Month Visit, 561–562
  - in middle childhood (5 and 6 Year Visits), 675–676
  - dampness
    - Prenatal Visit guidance, 311
    - 1 Month Visit guidance, 391–392
  - mold
    - Prenatal Visit guidance, 311
    - 1 Month Visit guidance, 391–392
  - as a physical determinant of health, 28–30
- Home visitation program staff, 511–512
- Hospice care for children with special health care needs, 70
- Housing-related illnesses/injuries, 29–30
  - evidence-based interventions to reduce, 30, 30*b*
- Human immunodeficiency virus. *See also* Sexually transmitted infections (STIs)
  - screening for, 288–289
- Hunger, 169–170. *See also* Food security/insecurity
  - newborn cues, 176, 375–376, 427
- Hygiene
  - oral. *See* Oral health
  - personal. *See* Personal hygiene
- Hyperactivity/impulsivity
  - in early childhood, 129*t*
  - in middle childhood, 133
  - attention deficits. *See* Attention deficits



- I
- IEPs. *See* Individualized Education Programs (IEPs)
- Illness prevention
  - Newborn Visit guidance, 349
  - First Week Visit (3 to 5 Days) guidance, 374–375
- Immigrant families, 24, 42, 47, 131, 395, 470
- Immunizations
  - in infancy
    - Prenatal Visit, 309
    - Newborn Visit, 340
    - First Week Visit (3 to 5 Days), 366
    - 1 Month Visit, 389
    - 2 Month Visit, 415
    - 4 Month Visit, 439
    - 6 Month Visit, 463
    - 9 Month Visit, 487
  - in early childhood
    - 12 Month Visit, 509
    - 15 Month Visit, 531
    - 18 Month Visit, 549
    - 2 Year Visit, 569
    - 2½ Year Visit, 591
    - 3 Year Visit, 609
    - 4 Year Visit, 631
  - in middle childhood
    - 5 and 6 Year Visits, 659
    - 7 and 8 Year Visits, 683
    - 9 and 10 Year Visits, 709
  - in adolescence
    - 11 through 14 Year Visits, 742
    - 15 through 17 Year Visits, 774
    - 18 through 21 Year Visits, 805
  - at Bright Futures Visits, 270
  - parental refusal of, 50–51
- Impulsivity. *See* Hyperactivity/impulsivity
- Independence, 54
  - in infancy (6 Month Visit), 470
  - in middle childhood (7 and 8 Year Visits), 689–690
- Individualized Education Programs (IEPs), 691–692
- Individuals with Disabilities Education Act, 71*b*, 80*b*
- Individuation in early childhood, 100
  - 15 Month Visit, 532
- Infancy
  - abusive head trauma in, 121–122
  - alcohol use/exposure in
    - Prenatal Visit, 314–315
    - Newborn Visit, 343–344
    - 1 Month Visit, 393–394
    - 6 Month Visit, 465
  - attachment/attachment patterns in, 119–120, 119*t*
    - 1 Month Visit guidance, 398–400
  - bed sharing during, 244–245
  - behavioral guidance in, 89–90
    - 9 Month Visit guidance, 493–494
  - bilirubin, 291
  - blood, 291
  - breastfeeding in. *See* Breastfeeding
  - burns, prevention of
    - First Week Visit (3 to 5 Days), 381
    - 2 Month Visit, 432
    - 6 Month Visit, 480
    - 9 Month Visit, 498–499
  - burping newborns, 375–376
  - calcium in, 183*b*
  - calming the baby
    - Newborn Visit guidance, 350
    - First Week Visit (3 to 5 Days) guidance, 373–374
    - 4 Month Visit guidance, 443
    - 6 Month Visit guidance, 471
    - self-calming, 443, 471
  - capabilities of newborns, 348
  - care of newborns
    - Newborn Visit, 348–349
    - Prenatal Visit, 320
    - 2 Month Visit, 418
    - 4 Month Visit, 442
    - 6 Month Visit, 467
    - cord care, 348–349
    - early care, 84. *See also* Prenatal care
    - skin care, 348–349
  - car safety seats, use of
    - Newborn Visit, 355–356
    - First Week Visit (3 to 5 Days), 378–379
    - 1 Month Visit, 406
    - 2 Month Visit, 430
    - 4 Month Visit, 453
    - 6 Month Visit, 478–479
    - 9 Month Visit, 496–497
  - choking, prevention of, 480
  - cognitive development/skills in, 81–83
    - 9 Month Visit guidance, 490
  - communication skills in, 81–83
    - 6 Month Visit, 468–469
    - 6 Month Visit guidance, 491
  - complementary foods in, 177–179
  - cord care in, 348–349
  - critical congenital heart disease, 292
  - cultural influences in, 84
    - Prenatal Visit guidance, 317
  - daily routines and rituals in (4 Month Visit), 444
  - development/developmental surveillance in, 78
    - Prenatal Visit, 308
    - Newborn Visit, 337
    - First Week Visit (3 to 5 Days), 363–364
    - 1 Month Visit, 386
    - 2 Month Visit, 412
    - 4 Month Visit, 436
    - 6 Month Visit, 460
    - 9 Month Visit, 484
  - cognitive development/skills, 81–83, 490
  - developmental domains, 81–84
  - developmental highlights/milestones, 84–90
  - growth, nutrition for, 172–173
  - healthy development, promotion of, 79–90
  - sexual development and sexuality, 217–218



Infancy (*cont*)

- diet and nutrition in, 172–182
  - Newborn Visit guidance, 346
  - Prenatal Visit guidance, 319
- discipline in, 89–90
- drooling in, 447
- drowning, prevention of
  - 2 Month Visit, 432
  - 6 Month Visit, 480
  - 9 Month Visit, 498–499
- early care in, 84. *See also* Prenatal care
- early education in, 84
- eating/feeding problems in, 179–180
- emergency preparedness/readiness in
  - First Week Visit (3 to 5 Days) guidance, 374
  - 1 Month Visit, 408
- emotional development in, 83–84
- energy (caloric) needs in, 173
- falls, prevention of
  - 1 Month Visit, 408
  - 2 Month Visit, 432
  - 6 Month Visit, 480
  - 9 Month Visit, 498–499
- family dynamic/relationships in
  - Prenatal Visit, 308
  - 1 Month Visit, 397
  - 4 Month Visit, 441
  - 6 Month Visit, 466
  - 9 Month Visit, 489
- family support in, 58–59
  - Prenatal Visit, 316–317
  - Newborn Visit, 345
  - First Week Visit (3 to 5 Days), 368–369
  - 1 Month Visit, 395
  - 2 Month Visit, 417
  - 4 Month Visit, 441
  - 6 Month Visit, 466
  - 9 Month Visit, 489
  - mental health support for infant illness, 122–123
- firearm safety in
  - Prenatal Visit, 331
  - 9 Month Visit, 498
- fluids in, 476
  - cup drinking, 494–495
- fluoride in (6 Month Visit), 472
- food/feeding in
  - First Week Visit (3 to 5 Days), 375–378
  - 1 Month Visit, 402–405
  - 2 Month Visit, 426–429
  - 4 Month Visit, 449–452
  - 6 Month Visit, 473–477
  - 9 Month Visit, 494–495
  - allergies/sensitivities, 179
  - breastfeeding. *See* Breastfeeding
  - complementary foods, 177–179
  - cup drinking, 494–495
  - delaying solid foods, 426, 450
  - eating/feeding problems, 179–180
  - feeding environment, 180
  - financial resources for feeding, 326
  - formula feeding. *See* Formula feeding
  - grazing, 449–450
  - hunger cues, 176, 375–376, 427
  - mealtime routines, 494–495
  - pesticide exposure. *See* Pesticide exposure
  - satiation cues, 375–376, 427
  - self-feeding, 494–495
  - solid foods, 426, 450, 474–475, 494–495
  - strategies, 375–376
  - table food, introduction to, 494–495
  - weaning, 495
- food security/insecurity in
  - Prenatal Visit, 310–311
  - Newborn Visit, 341–342
  - First Week Visit (3 to 5 Days), 367–368
  - 1 Month Visit, 390–391
  - 2 Month Visit, 416–417
  - 4 Month Visit, 464–465
- formula feeding in. *See* Formula feeding
- fussiness in
  - 1 Month Visit, 398–400
  - 2 Month Visit, 424–425
- gastroesophageal reflux disease in, 179–180
- growth, nutrition for, 172–173
- handwashing guidance
  - First Week Visit (3 to 5 Days) guidance, 374–375
  - newborn health risks, 322
- health supervision visits in
  - Prenatal Visit, 305–332
  - Newborn Visit, 333–359
  - First Week Visit (3 to 5 Days), 361–381
  - 1 Month Visit, 383–408
  - 2 Month Visit, 409–432
  - 4 Month Visit, 433–455
  - 6 Month Visit, 457–480
  - 9 Month Visit, 481–499
- heat-related illness/heatstroke prevention in, 196
  - Prenatal Visit, 328–329
  - Newborn Visit, 356
  - First Week Visit (3 to 5 Days), 379–380
  - 9 Month Visit, 497
- histories (patient and family)
  - Prenatal Visit, 307
  - Newborn Visit, 335–337
  - First Week Visit (3 to 5 Days), 363
  - 1 Month Visit, 385
  - 2 Month Visit, 411
  - 4 Month Visit, 435
  - 6 Month Visit, 459
  - 9 Month Visit, 483
- holding newborns, 375–376
- home safety in
  - Prenatal Visit, 332
  - Newborn Visit, 359
  - First Week Visit (3 to 5 Days), 381
  - 1 Month Visit, 408
  - 2 Month Visit, 432
  - 4 Month Visit, 454–455
  - 6 Month Visit, 480
  - 9 Month Visit, 498–499



- illness prevention in
  - Newborn Visit guidance, 349
  - First Week Visit (3 to 5 Days) guidance, 374–375
  - Newborn Visit guidance, 349
- immunizations in
  - Prenatal Visit, 309
  - Newborn Visit, 340
  - First Week Visit (3 to 5 Days), 366
  - 1 Month Visit, 389
  - 2 Month Visit, 415
  - 4 Month Visit, 439
  - 6 Month Visit, 463
  - 9 Month Visit, 487
- independence in (6 Month Visit), 470
- intimate partner violence in
  - Prenatal Visit, 313–314
  - Newborn Visit, 342–343
  - 1 Month Visit, 393
  - 9 Month Visit, 488–489
- lead poisoning in
  - Prenatal Visit, 311–313
  - 4 Month Visit, 440
- lifelong health promotion in, 35
- linguistic skills in, 81–83
- literacy skills in, 83*b*
  - 6 Month Visit, 468–469
- living situation in
  - Prenatal Visit, 310–311
  - Newborn Visit, 341–342
  - First Week Visit (3 to 5 Days), 367–368
  - 1 Month Visit, 390–391
  - 2 Month Visit, 416–417
  - 4 Month Visit, 464–465
- low-birth-weight babies, 22
- maltreatment and neglect in, 120–122
- maternal/parental depression in
  - Prenatal Visit, 318
  - 1 Month Visit, 396–397
  - 2 Month Visit, 419–420
  - 6 Month Visit, 466
- media use/exposure in
  - 1 Month Visit, 401
  - 2 Month Visit, 423
  - 4 Month Visit, 445
  - 6 Month Visit, 469
  - 9 Month Visit, 492
  - social media, 231
- medications in
  - Prenatal Visit, 324
  - 4 Month Visit, 451
- mental health promotion in, 118–123
- mineral supplements in, 173–174
- motor skills in
  - fine motor skills, 81
  - gross motor skills, 81
- nutritional health in, 172–182
  - Prenatal Visit guidance, 319
  - Newborn Visit guidance, 346
- oral health in, 208–210
  - 4 Month Visit guidance, 447–448
  - 6 Month Visit guidance, 472
- bottle in bed, avoidance of, 448, 472
- drooling, 447
- maternal oral health, 447
- oral hygiene, 448
- teething, 447
- outings in
  - First Week Visit (3 to 5 Days) guidance, 374–375
  - newborn health risks, 322
- overweight, infants with, 152–153, 162
- parent-child interaction/relationship in
  - Prenatal Visit, 308
  - Newborn Visit, 338, 345
  - First Week Visit (3 to 5 Days), 364
  - 1 Month Visit, 387
  - 2 Month Visit, 413, 421–422
  - 4 Month Visit, 437, 443–444
  - 6 Month Visit, 461, 468–469
  - 9 Month Visit, 485
- pesticide exposure in
  - 1 Month Visit guidance, 392
  - 6 Month Visit guidance, 475–476
- pets/pet safety in
  - Prenatal Visit, 331
  - Newborn Visit, 358–359
- physical activity in, 194*f*, 199
- physical examinations in, 271
  - Newborn Visit, 339–340
  - First Week Visit (3 to 5 Days), 365
  - 1 Month Visit, 388
  - 2 Month Visit, 414
  - 4 Month Visit, 438
  - 6 Month Visit, 462
  - 9 Month Visit, 486
- play/playtime in
  - 1 Month Visit, 401
  - 2 Month Visit, 424
  - 4 Month Visit, 445–446
- poisoning, prevention of
  - 6 Month Visit, 480
  - 9 Month Visit, 498–499
- radon exposure in, 392
- regurgitation in, 179–180
- room sharing during, 244–245
- safety and injury prevention in, 242–245
  - Prenatal Visit, 332
  - Newborn Visit, 359
  - First Week Visit (3 to 5 Days), 381
  - 1 Month Visit, 408
  - 2 Month Visit, 432
- screening/surveillance in
  - Prenatal Visit, 308, 309
  - Newborn Visit, 340
  - First Week Visit (3 to 5 Days), 366
  - 1 Month Visit, 389
  - 2 Month Visit, 415
  - 4 Month Visit, 439
  - 6 Month Visit, 463
  - 9 Month Visit, 487
- bilirubin, 291
- blood, 291
- critical congenital heart disease, 292



Infancy (*cont*)

- self-regulation skills in, 87–88
- separation anxiety in, 84
- sexual development and sexuality in, 217–218
- sibling adjustment/relationships in
  - Newborn Visit, 347
  - First Week Visit (3 to 5 Days), 370–371
  - 2 Month Visit, 420
- skin care in, 348–349
- sleep behaviors, patterns, and safety, 88, 88*t*, 89*t*
  - Prenatal Visit, 329–330
  - Newborn Visit, 357–358
  - First Week Visit (3 to 5 Days), 380–381
  - 1 Month Visit, 398, 407
  - 2 Month Visit, 423, 431
  - 4 Month Visit, 454
  - 6 Month Visit, 470, 479
  - 9 Month Visit, 490
  - bottle in bed, avoidance of, 448, 472
  - infant putting self to sleep, 470
  - sudden infant death and, 79, 243–245
- social connections/skills in, 83–84
- social media and, 231
- special health care needs, children with, 70–72
  - healthy development of, 80–81
  - nutrition for, 181–182
- spitting up in, 179–180
- substance use/exposure in
  - Prenatal Visit, 314–315
  - Newborn Visit, 343–344
  - 1 Month Visit, 393–394
  - 6 Month Visit, 465
- sudden infant death, 79, 243–245
  - reducing, 243, 244*b*, 398
- sun exposure/protection in
  - First Week Visit (3 to 5 Days), 374–375
  - 6 Month Visit, 480
- supplements in, 173–174
  - 4 Month Visit guidance, 451
- supplies for newborns, 348–349
- teaching infants, 89–90
- teething in, 447
- temperature taking in, 374
- tobacco use/exposure in
  - Prenatal Visit, 316
  - Newborn Visit, 342
  - First Week Visit (3 to 5 Days), 368
  - 1 Month Visit guidance, 391
  - 6 Month Visit, 465
- vitamin D in, 183*b*
- vitamin supplements in, 173–174
- weaning in, 495
- weight in
  - healthy weight, 162
  - low-birth-weight babies, 22
  - overweight, infants with, 152–153, 162
  - weight gain, 375–376

Injuries. *See also specific injury*

- intentional injury, 235–236
- prevention of. *See Safety and injury prevention*
- unintentional injury, 235
- Inter-conceptional guidance, 56
- Internet use
  - 7 and 8 Year Visits, 686–687
  - 9 and 10 Year Visits, 713
  - cyberbullying. *See Bullying/cyberbullying*
  - safety and injury prevention and, 241–242
  - social media. *See Social media use/exposure*
- Interpersonal violence. *See Bullying/cyberbullying; Fighting*
- Intimate partner violence
  - in infancy
    - Prenatal Visit, 313–314
    - Newborn Visit, 342–343
    - 1 Month Visit, 393
    - 9 Month Visit, 488–489
  - in early childhood
    - 2 Year Visit, 570–571
    - 4 Year Visit, 634
    - National Domestic Violence Hotline, 28
    - as a social determinant of health, 25, 28
- Iron intake, 188*b*

**J**

- Juice
  - in infancy, 476
  - in early childhood, 557, 619, 639

**L**

- Lactose intolerance, 169
- Language
  - delay, screening for, 284
  - development. *See Language development*
  - fluency with. *See Language development*
  - understanding. *See Language development*
  - Language development. *See also Linguistic skills*
    - in early childhood, 91–93
      - 3 Year Visit, 617
      - 4 Year Visit, 636
    - simple phrases, use of, 553
    - simple words, use of, 553, 595
- Lead poisoning
  - Prenatal Visit, 311–313
  - 4 Month Visit, 440
  - as a biological determinant of health, 21
  - screening for, 289–290
- Learning deficits/disabilities
  - in middle childhood, 133
  - in adolescence, 139
  - special health care needs for children with. *See Special health care needs, children with*
- Learning/learning experiences
  - in infancy, interactive learning, 491
  - in early childhood
    - 4 Year Visit, 638
    - programs. *See Early childhood programs*



- structured learning
    - preschool. *See* Preschool
    - readiness for, 638
    - school. *See* School
  - Lesbian, youth who identify as, 224–225
  - Life course framework, 18–20
    - in Bright Futures, 21–30
    - early adverse experiences
      - focus on the effects of, 19–20
      - moderating factors, use of, 20
    - epigenetics and, 19, 22f
    - health care professionals, implications for, 30–35
    - lifelong health promotion. *See* Lifelong health
    - medical home, implications for the, 30–35
    - physical determinants, 28–30
    - social determinants. *See* Social determinants of health
  - Lifelong health
    - definitions related to, 15b
    - life course framework. *See* Life course framework
    - promoting, 15–17, 34f
      - in infancy, 35
      - in early childhood, 35
      - in middle childhood, 35
      - in adolescence, 35
  - Linguistic skills
    - in infancy, 81–83
    - in early childhood, 91–93
      - 18 Month Visit, 553–555
      - 2 Year Visit, 577
      - 2½ Year Visit, 594
    - in middle childhood, 104
    - in adolescence, 108
    - language delay, screening for, 284
  - Literacy skills. *See also* Reading/reading skills
    - in infancy, 83b
      - 6 Month Visit, 468–469
    - in early childhood, 98–99
  - Living situation
    - in infancy
      - Prenatal Visit, 310–311
      - Newborn Visit, 341–342
      - First Week Visit (3 to 5 Days), 367–368
      - 1 Month Visit, 390–391
      - 2 Month Visit, 416–417
      - 4 Month Visit, 464–465
    - in early childhood
      - 12 Month Visit, 510
      - 2 Year Visit, 571
      - 3 Year Visit, 610–611
      - 4 Year Visit, 632–633
    - in adolescence
      - 11 through 14 Year Visits, 745
      - 15 through 17 Year Visits, 777
      - 18 through 21 Year Visits, 807
  - Local community resources, 32, 33b
- M**
- Maltreatment and neglect
    - in infancy, 120–122
    - in middle childhood
      - 5 and 6 Year Visits, 675
      - 7 and 8 Year Visits, 700–701
    - sexual abuse. *See* Sexual abuse
  - Marijuana, 75, 141, 314, 343
  - Marital separations, impact of, 28
  - Maternal alcohol use. *See* Alcohol use/exposure
  - Maternal health, 346
  - Maternal nutrition, 346
  - Maternal oral health, 447
  - Maternal/parental depression, 52
    - Prenatal Visit, 318
    - 1 Month Visit, 396–397
    - 2 Month Visit, 419–420
    - 6 Month Visit, 466
    - as a biological determinant of health, 22
    - chronic, 318
    - perinatal, 318
    - screening for, 52–53, 283
  - Maternal substance use. *See* Substance use/exposure
  - Maternal tobacco use. *See* Tobacco use/exposure
  - M-CHAT-R/F. *See Modified Checklist for Autism in Toddlers Revised, with Follow-up*
  - Media use/exposure
    - in infancy
      - 1 Month Visit, 401
      - 2 Month Visit, 423
      - 4 Month Visit, 445
      - 6 Month Visit, 469
      - 9 Month Visit, 492
      - social media, 231
    - in early childhood
      - 12 Month Visit, 515
      - 2 Year Visit, 576
      - 2½ Year Visit, 596
      - 4 Year Visit, 642–643
      - social media, 231
    - in middle childhood
      - 7 and 8 Year Visits, 695–696
      - social media, 232–233
    - familial influences on, 55
    - social. *See* Social media use/exposure
  - Medical home
    - Prenatal Visit guidance, 321
    - 1 Month Visit guidance, 401
    - after-hours support, 401
    - life course framework implications for, 30–35
  - Medications
    - in infancy
      - Prenatal Visit, 324
      - 4 Month Visit, 451
    - in adolescence (18 through 21 Year Visits), 818
    - over-the-counter
      - 4 Month Visit guidance, 451
      - Prenatal Visit guidance, 324
  - Menstruation, 718–719



- Mental health, 115–116
    - in infancy
      - Prenatal Visit guidance, 318
      - promotion of, 118–123
    - in early childhood, promotion of, 123–130
    - in middle childhood, promotion of, 130–136
    - in adolescence
      - 11 through 14 Year Visits, 756–757
      - 15 through 17 Year Visits, 788–789
      - promotion of mental health, 136–145
    - anxiety disorders. *See* Anxiety disorders
    - attachment. *See* Attachment/attachment patterns
    - challenges/problems
      - in infancy, 120–122
      - in early childhood, 124–129
      - in middle childhood, 132–136
      - in adolescence, 138
    - abuse. *See* Family violence; Intimate partner violence; Maltreatment and neglect; Sexual abuse
    - anger management. *See* Anger management
    - anxiety disorders. *See* Anxiety disorders
    - conduct disturbances. *See* Behavioral concerns/problems
    - mood disorders. *See* Mood disorders/regulation
    - prevalence of, 116
    - referrals for, 116–118
    - screening for, 116–118
    - special health care needs, children with, 118
    - tantrums. *See* Tantrums
    - trends in, 116
  - emotional development/well-being. *See* Emotional development/well-being
  - family facing infant illness, support for, 122–123
  - mood disorders. *See* Mood disorders/regulation
  - promotion of, 115–145
  - separation anxiety. *See* Separation anxiety
  - suicide, 140, 250
  - tantrums. *See* Tantrums
- MI. *See* Motivational interviewing (MI) to prevent obesity
- Middle childhood
  - after-school activities/care/programs in
    - 5 and 6 Year Visits, 667
    - 7 and 8 Year Visits, 691–692
    - 9 and 10 Year Visits, 725–726
  - alcohol use/exposure in
    - 5 and 6 Year Visits, 661–662
    - 7 and 8 Year Visits, 686
    - 9 and 10 Year Visits, 712
  - anger management in
    - 5 and 6 Year Visits, 665
    - 9 and 10 Year Visits, 716–717
  - anxiety disorders in, 134
  - attachment patterns in, 131–132
  - attention-deficit/hyperactivity disorder in, 133
  - brushing teeth in, 212
    - 5 and 6 Year Visits, 668
    - 7 and 8 Year Visits, 693
    - 9 and 10 Year Visits, 722–723
  - bullying in, 134–135, 247–248
    - 7 and 8 Year Visits, 684–685
    - 9 and 10 Year Visits, 710–711
  - calcium in, 186
    - 5 and 6 Year Visits, 669–670
    - 7 and 8 Year Visits, 694–695
    - dietary reference intakes, 183b
  - cognitive development/skills in, 104
  - communication skills in, 104
  - community safety in, 246–247
  - conduct disturbances in, 134
  - connectedness in, 131–132
    - social connections/skills, 104, 105t
  - development/developmental surveillance in, 78–79
    - 5 and 6 Year Visits, 656
    - 7 and 8 Year Visits, 681
    - 9 and 10 Year Visits, 707
  - cognitive development/skills, 104
  - developmental domains, 103–104, 105t
  - developmental highlights/milestones, 106
  - growth, nutrition for, 185–186
  - healthy development, promotion of, 102–106
  - puberty/pubertal development, 690, 718–721
  - sexual development and sexuality, 219–221
- diet and nutrition in, 185–187
  - 5 and 6 Year Visits, 668–670
  - 7 and 8 Year Visits, 694–695
  - 9 and 10 Year Visits, 723–724
- oral health promotion, 212
- saturated fat, 723–724
- eating disorders in (9 and 10 Year Visits), 723–724
- eating habits in, 186–187
  - 7 and 8 Year Visits, 694–695
  - 9 and 10 Year Visits, 723–724
- e-cigarette use/exposure in
  - 5 and 6 Year Visits, 661–662
  - 7 and 8 Year Visits, 686
  - 9 and 10 Year Visits, 712
- emotional development/well-being in, 104, 105t
  - 5 and 6 Year Visits, 662
  - 7 and 8 Year Visits, 687
  - 9 and 10 Year Visits, 714
- empathy in (5 and 6 Year Visits), 664–665
- family dynamic/relationships in
  - 5 and 6 Year Visits, 663
  - 7 and 8 Year Visits, 688
  - 9 and 10 Year Visits, 715
- family rules and routines in
  - 5 and 6 Year Visits, 664–665
  - 7 and 8 Year Visits, 689–690
- family support in, 59–60
- family violence in
  - 5 and 6 Year Visits, 660–661
  - 7 and 8 Year Visits, 684–685
  - 9 and 10 Year Visits, 710–711
- fighting in
  - 7 and 8 Year Visits, 684–685
  - 9 and 10 Year Visits, 710–711
- firearm safety in
  - 5 and 6 Year Visits, 676
  - 7 and 8 Year Visits, 701
  - 9 and 10 Year Visits, 730
- fire safety in (5 and 6 Year Visits), 675–676



- florssing in
  - 5 and 6 Year Visits, 668
  - 7 and 8 Year Visits, 693
  - 9 and 10 Year Visits, 722–723
- fluoride in, 212
  - 5 and 6 Year Visits, 668
  - 7 and 8 Year Visits, 693
  - 9 and 10 Year Visits, 722–723
- food security/insecurity in
  - 5 and 6 Year Visits, 661
  - 7 and 8 Year Visits, 685
  - 9 and 10 Year Visits, 711
- friends/peers in
  - 5 and 6 Year Visits, 666
  - 7 and 8 Year Visits, 688
  - 9 and 10 Year Visits, 729
- growth, nutrition for, 185–186
- health supervision visits in
  - 5 and 6 Year Visits, 651–676
  - 7 and 8 Year Visits, 677–701
  - 9 and 10 Year Visits, 703–730
- histories (patient and family)
  - 5 and 6 Year Visits, 655
  - 7 and 8 Year Visits, 680
  - 9 and 10 Year Visits, 706
- home safety in (5 and 6 Year Visits), 675–676
- immunizations in
  - 5 and 6 Year Visits, 659
  - 7 and 8 Year Visits, 683
  - 9 and 10 Year Visits, 709
- independence in (7 and 8 Year Visits), 689–690
- Internet use in
  - 7 and 8 Year Visits, 686–687
  - 9 and 10 Year Visits, 713
- learning deficits/disabilities in, 133
- lifelong health promotion in, 35
- linguistic skills in, 104
- maltreatment and neglect in
  - 5 and 6 Year Visits, 675
  - 7 and 8 Year Visits, 700–701
- media use/exposure in
  - 7 and 8 Year Visits, 695–696
  - social media, 232–233
- menstruation in, 718–719
- mental health promotion in, 130–136
- mood disorders/regulation in, 133–134
- moral development in, 106
- motor skills in
  - fine motor skills, 103
  - gross motor skills, 103
- neighborhood and community safety/violence in
  - 5 and 6 Year Visits, 660–661
  - 7 and 8 Year Visits, 684–685
  - 9 and 10 Year Visits, 710–711
- oral health in, 212–213
  - 5 and 6 Year Visits, 668
  - 7 and 8 Year Visits, 693
  - 9 and 10 Year Visits, 722–723
- outdoor safety in (5 and 6 Year Visits), 673
- overweight and obesity, children with, 163–164
- parent-child interaction/relationship in
  - 5 and 6 Year Visits, 657
  - 7 and 8 Year Visits, 682
  - 9 and 10 Year Visits, 708
- parent-teacher communications in, 667
- patience in, 665
- personal hygiene in, 718–719
- physical activity in, 194f, 200–201, 248
  - 5 and 6 Year Visits, 670–671
  - 7 and 8 Year Visits, 695–696
  - 9 and 10 Year Visits, 725–726
  - age-appropriate activities, 201f
- physical examinations in, 271
  - 5 and 6 Year Visits, 657
  - 7 and 8 Year Visits, 682
  - 9 and 10 Year Visits, 708
- play in, 248
- puberty/pubertal development in
  - 7 and 8 Year Visits, 690
  - 9 and 10 Year Visits, 718–721
- respect for others in, 664–665
- safety and injury prevention in, 246–248
- school attendance in
  - 5 and 6 Year Visits, 666
  - 7 and 8 Year Visits, 691–692
  - 9 and 10 Year Visits, 720–721
- school in
  - parent-teacher communications, 667
  - pubertal transitions in, 720–721
  - school food, 669–670
  - school readiness, 666
  - special education services, 691–692
- school performance in
  - 7 and 8 Year Visits, 691–692
  - 9 and 10 Year Visits, 720–721
- school problems in
  - 7 and 8 Year Visits, 691–692
  - 9 and 10 Year Visits, 720–721
- school progress in
  - 7 and 8 Year Visits, 691–692
  - 9 and 10 Year Visits, 720–721
- school safety, 246–247
- screening/surveillance in
  - 5 and 6 Year Visits, 658
  - 7 and 8 Year Visits, 683
  - 9 and 10 Year Visits, 709
- seat belts, use of
  - 5 and 6 Year Visits, 672–673
  - 7 and 8 Year Visits, 697
  - 9 and 10 Year Visits, 727
- self-esteem in
  - 5 and 6 Year Visits, 662
  - 7 and 8 Year Visits, 687
  - 9 and 10 Year Visits, 714
- self-regulation in, 689–690
- setting reasonable limits in, 716–717
- sexual abuse in, 136
- sexual development and sexuality in, 219–221
  - puberty/pubertal development, 690, 718–721
- sexual safety in, 718–719



Middle childhood (*cont*)

- snacks in
    - 5 and 6 Year Visits, 668
    - 7 and 8 Year Visits, 693
    - 9 and 10 Year Visits, 722–724
  - social connections/skills in, 104, 105<sup>t</sup>
  - social media use in, 232–233
  - special education services in, 691–692
  - special health care needs, children with, 73–74
    - healthy development of, 103
    - nutrition for, 187
  - spiritual development in, 106
  - sports in, 248
  - substance use/exposure in, 135–136
    - 5 and 6 Year Visits, 661–662
    - 7 and 8 Year Visits, 686
    - 9 and 10 Year Visits, 712
  - sugar-sweetened beverages in
    - 5 and 6 Year Visits, 668
    - 7 and 8 Year Visits, 693
    - 9 and 10 Year Visits, 722–723
  - sun exposure/protection in
    - 5 and 6 Year Visits, 674–675
    - 7 and 8 Year Visits, 699
    - 9 and 10 Year Visits, 729
  - temperament in
    - 7 and 8 Year Visits, 689–690
    - 9 and 10 Year Visits, 716–717
  - tobacco use/exposure in
    - 5 and 6 Year Visits, 661–662
    - 7 and 8 Year Visits, 686
    - 9 and 10 Year Visits, 712
  - vitamin D in, 186
    - 5 and 6 Year Visits, 669–670
    - 7 and 8 Year Visits, 694–695
    - dietary reference intakes, 183<sup>b</sup>
  - water safety in
    - 5 and 6 Year Visits, 674
    - 7 and 8 Year Visits, 698–699
    - 9 and 10 Year Visits, 728
  - weight in
    - 5 and 6 Year Visits, 669–670
    - 7 and 8 Year Visits, 694–695
    - 9 and 10 Year Visits, 723–724
    - healthy weight, 163–164
    - overweight and obesity, children with, 163–164
  - whole-grain consumption in, 669–670
- Milk
- in early childhood, 557, 618, 639
  - lactose intolerance, 169
- Mineral supplements in infancy, 173–174
- Mobility development, 490
- Models of care for adolescence, 110, 110<sup>t</sup>
- Modified Checklist for Autism in Toddlers Revised, with Follow-up (M-CHAT/R-F)*, 78
- Mold in home
- Prenatal Visit guidance, 311
  - 1 Month Visit guidance, 391–392

- Mood disorders/regulation
- in middle childhood, 133–134
  - in adolescence
    - 11 through 14 Year Visits, 756–757
    - 15 through 17 Year Visits, 788–789
    - 18 through 21 Year Visits, 815–816
  - anger management. *See* Anger management
  - anxiety disorders. *See* Anxiety disorders
  - separation anxiety. *See* Separation anxiety
- Moral development, 106
- Motivational interviewing (MI) to prevent obesity, 155
- Motor skills
- in infancy
    - fine motor skills, 81
    - gross motor skills, 81
  - in early childhood
    - 3 Year Visit, 620
    - fine motor skills, 91
    - gross motor skills, 91, 284
    - screening for, 284
  - in middle childhood
    - fine motor skills, 103
    - gross motor skills, 103
  - in adolescence
    - fine motor skills, 108
    - gross motor skills, 108
- Mouth
- oral health. *See* Oral health
  - traumatic injury to, 214

**N**

- Naptime, 514–515
- National Domestic Violence Hotline, 28
- National Down Syndrome Society, 72
- National Health and Nutrition Examination Survey (NHANES), 152
- Neglect. *See* Maltreatment and neglect
- Neighborhood and community safety/violence, 246–247
- in early childhood (4 Year Visit), 635
  - in middle childhood
    - 5 and 6 Year Visits, 660–661
    - 7 and 8 Year Visits, 684–685
    - 9 and 10 Year Visits, 710–711
  - as a physical determinant of health, 29
  - protective factors for, 26<sup>b</sup>
- Neisseria gonorrhoea*. *See also* Sexually transmitted infections (STIs)
- screening for, 296, 297
- Newborns. *See* Infancy
- NHANES. *See* National Health and Nutrition Examination Survey (NHANES)
- Night walking, 535
- Nutrition. *See* Diet and nutrition
- O**
- Obesity. *See* Overweight and obesity
- Omega-3 fatty acids, 172



- Oral health, 205–206  
 in infancy, 208–210  
   4 Month Visit guidance, 447–448  
   6 Month Visit guidance, 472  
   bottle in bed, avoidance of, 448, 472  
   drooling, 447  
   maternal oral health, 447  
   oral hygiene, 448  
   teething, 447  
 in early childhood, 210–212  
   12 Month Visit, 514–515, 519  
   15 Month Visit, 538–539  
   caries, reduction of, 538–539  
   dental hygiene, 519  
   first dental checkup, 519  
 in middle childhood, 212–213  
   5 and 6 Year Visits, 668  
   7 and 8 Year Visits, 693  
   9 and 10 Year Visits, 722–723  
 in adolescence, 213–214  
   11 through 14 Year Visits, 750  
   15 through 17 Year Visits, 782–783  
   18 through 21 Year Visits, 811  
   brushing teeth, 214  
 brushing teeth. *See* Brushing teeth  
 dental checkups  
   12 Month Visit, 519  
   7 and 8 Year Visits, 693  
   9 and 10 Year Visits, 722–723  
 dental home  
   importance of, 206–207  
   responsibilities of, 206<sup>t</sup>  
 fluoride. *See* Fluoride  
 promotion of, 205–214  
 resources, 206<sup>b</sup>  
 risk assessments  
   in infancy, 209–210, 210<sup>f</sup>  
   in early childhood, 211  
 screening, 293–294  
 special health care needs, children with, 208  
 toothpaste guidance, 208, 208<sup>f</sup>  
 Oral hygiene. *See* Oral health  
 Orthodontics, 214  
 Outdoor safety  
   in early childhood  
     2 Year Visit, 582  
     4 Year Visit, 645  
   in middle childhood (5 and 6 Year Visits), 673  
 Outings  
   First Week Visit (3 to 5 Days) guidance, 374–375  
   newborn health risks, 322  
 Overweight and obesity  
   in infancy, 152–153, 162  
   in early childhood, 152–153, 163  
   in middle childhood, 163–164  
   in adolescence, 153, 164  
   assessment of, 158–159  
   health care professional's role, 155, 156<sup>t</sup>  
   interpreting BMI, 269<sup>t</sup>  
   prevalence of, 152–153  
   preventing, 153–155, 156<sup>t</sup>–157<sup>t</sup>  
   screening for, 158–159  
   severe obesity, 153  
   special health care needs, children with, 153  
   treating, 159–161  
   weight change targets, 162<sup>t</sup>
- P**
- Pacifiers  
 and oral health, 206<sup>b</sup>, 209, 210, 211, 398, 447, 472, 519  
 self-consoling with, 399, 425  
 sleeping with, 243, 244<sup>b</sup>, 398, 431  
 sudden infant deaths, prevention of, 243, 244<sup>b</sup>, 398  
 Palliative care for children with special health care needs, 70  
 Parent-child conflicts  
   discipline. *See* Behavior management; Discipline  
   15 Month Visit, 536  
 Parent-child interaction/relationship  
   in infancy  
     Prenatal Visit, 308  
     Newborn Visit, 338, 345  
     First Week Visit (3 to 5 Days), 364  
     1 Month Visit, 387  
     2 Month Visit, 413, 421–422  
     4 Month Visit, 437, 443–444  
     6 Month Visit, 461, 468–469  
     9 Month Visit, 485  
   in early childhood  
     12 Month Visit, 507  
     15 Month Visit, 529, 536  
     18 Month Visit, 547  
     2 Year Visit, 567  
     2½ Year Visit, 589  
     3 Year Visit, 607  
     4 Year Visit, 629  
   in middle childhood  
     5 and 6 Year Visits, 657  
     7 and 8 Year Visits, 682  
     9 and 10 Year Visits, 708  
   in adolescence  
     11 through 14 Year Visits, 740  
     15 through 17 Year Visits, 772  
     18 through 21 Year Visits, 803  
   conflicts. *See* Parent-child conflicts  
 Parents  
   activities outside the family, 592  
   adolescent parents, 43–44  
   alcohol use. *See* Alcohol use/exposure  
   conflicts with. *See* Parent-child conflicts  
   depression in, 52–53  
   emergency preparedness/readiness for, 236<sup>b</sup>, 374  
   father's role, 43  
   immunizations, refusal of, 50–51  
   interaction/relationship with infant/child. *See* Parent-child  
     interaction/relationship  
   obesity prevention, role in, 154  
   promoting positive behaviors in children, 53–55  
   same-sex parents, 44  
   seat belts, use of, 540, 559  
   substance use. *See* Substance use/exposure



- Parents (*cont*)
  - as teachers, 468
  - tobacco use. *See* Tobacco use/exposure
  - well-being of, 51–53
    - 2 Year Visit, 573
  - work-life balance, 613
- Parents' Evaluation of Developmental Status (PEDStest), 261
- Parent-teacher communications in middle childhood, 667
- Patience in middle childhood, 665
- Pedestrian safety in early childhood, 622
- PEDStest. *See* Parents' Evaluation of Developmental Status (PEDStest)
- Peers. *See* Friends/peers
- Performance-enhancing substances, 190
- Periodicity Schedule, 275–277
- Periodontal conditions, 214
- Personal hygiene
  - in early childhood
    - 2 Year Visit, 580
  - in middle childhood
    - 9 and 10 Year Visits, 718–719
- Pesticide exposure
  - 1 Month Visit guidance, 392
  - 6 Month Visit guidance, 475–476
- Pets/pet safety
  - in infancy
    - Prenatal Visit, 331
    - Newborn Visit, 358–359
  - in early childhood
    - 12 Month Visit, 522
    - 3 Year Visit, 623
    - 4 Year Visit, 646
- Physical activity
  - in infancy, 194*t*, 199
  - in early childhood, 194*t*, 199–200
    - 18 Month Visit, 554–555
    - 2 Year Visit, 575
    - 3 Year Visit, 620
    - 4 Year Visit, 643
  - in middle childhood, 194*t*, 200–201, 248
    - 5 and 6 Year Visits, 670–671
    - 7 and 8 Year Visits, 695–696
    - 9 and 10 Year Visits, 725–726
    - age-appropriate activities, 201*t*
  - in adolescence, 194*t*, 201–202
    - 11 through 14 Year Visits, 753–755
    - 15 through 17 Year Visits, 786–787
    - 18 through 21 Year Visits, 813–814
  - after-school activities. *See* After-school activities/care/programs
  - familial influences on, 55
  - guidance, 194*t*
  - heat-related illness, 196, 197*t*. *See also* Heat-related illness/heatstroke
  - inactivity
    - in early childhood, 620
    - growing problem of, 195
    - from media viewing. *See* Media use/exposure
  - injury prevention during, 198, 198*b*
    - 7 and 8 Year Visits, 698
    - 9 and 10 Year Visits, 728
  - nutritional health for, 196–198
  - Prenatal Visit guidance, 319
  - pre-participation evaluations, 198
  - promotion of, 193–202
  - sickle cell trait, management of, 196, 196*b*
  - special health care needs, children with, 195–196 and sports, 196–198. *See also* Sports
- Physical determinants of health, 28–30
- Physical examinations, 262, 267–269
  - in infancy, 271
    - Newborn Visit, 339–340
    - First Week Visit (3 to 5 Days), 365
    - 1 Month Visit, 388
    - 2 Month Visit, 414
    - 4 Month Visit, 438
    - 6 Month Visit, 462
    - 9 Month Visit, 486
  - in early childhood, 271
    - 12 Month Visit, 508
    - 15 Month Visit, 530
    - 18 Month Visit, 548
    - 2 Year Visit, 568
    - 2½ Year Visit, 590
    - 3 Year Visit, 608
    - 4 Year Visit, 630
    - calming technique, 272*b*
  - in middle childhood, 271
    - 5 and 6 Year Visits, 657
    - 7 and 8 Year Visits, 682
    - 9 and 10 Year Visits, 708
  - in adolescence, 271–273
    - 11 through 14 Year Visits, 740–741
    - 15 through 17 Year Visits, 772–773
    - 18 through 21 Year Visits, 804
  - school-based health clinics, 273
- Play/playtime
  - in infancy
    - 1 Month Visit, 401
    - 2 Month Visit, 424
    - 4 Month Visit, 445–446
  - in early childhood, 99–100
    - 18 Month Visit, 553–555
    - 2 Year Visit, 575, 576
    - 2½ Year Visit, 595
    - 3 Year Visit, 603–624, 614
    - 4 Year Visit, 643
  - in middle childhood, 248
  - playgroups, readiness for, 597–598
- Poisoning, prevention of
  - in infancy
    - 6 Month Visit, 480
    - 9 Month Visit, 498–499
  - in early childhood
    - 12 Month Visit, 522–523
    - 15 Month Visit, 541
    - 18 Month Visit, 560
  - lead poisoning. *See* Lead poisoning



- Postpartum checkups
  - 1 Month Visit guidance, 396
  - 2 Month Visit guidance, 419
- Preconception care, 56
  - nutritional health, 171–172
  - Prenatal Visit guidance, 319
- Pregnancy
  - Prenatal Visit, 305–332
  - in adolescence, 222
    - 11 through 14 Year Visits, 759–760
    - 15 through 17 Year Visits, 791–792
    - 18 through 21 Year Visits, 817
    - rates of pregnancy, 222
  - adjustment to, 313
  - alcohol use in, 314–315
  - assistance after discharge, 346–347
  - biological determinants of health during, 21–23
  - inter-conceptional guidance, 56
  - maternal depression, 283
    - Prenatal Visit guidance, 318
  - postpartum checkups
    - 1 Month Visit guidance, 396
    - 2 Month Visit guidance, 419
  - preconception care. *See* Preconception care
  - prenatal care. *See* Prenatal care
  - reducing complications in, 57–58
  - substance use/misuse in, 314–315
  - tobacco use in, 316
- Prenatal care, 56–57
  - Prenatal Visit guidance, 320
  - nutritional health, 171–172
  - safety and injury prevention, 242
  - social media use and, 231
- Prenatal Visit, 305–332
- Preschool
  - 4 Year Visit, 638
  - as a social determinant of health, 23
- Prescription medications. *See* Medications
- Privacy of health supervision visits, 268*b*
- Puberty/pubertal development
  - 7 and 8 Year Visits, 690
  - 9 and 10 Year Visits, 718–721

## Q

- Quality of care, using Bright Futures to improve, 9

## R

- Radon exposure, 392
- Reading/reading skills. *See also* Literacy skills
  - 18 Month Visit, 553–555
  - 2 Year Visit, 578
  - 2½ Year Visit, 594
  - 3 Year Visit, 616
  - linguistic skills. *See* Linguistic skills
- Regurgitation in infancy, 179–180
- Respect for others, 664–665
- Role modeling and social media, 231

## S

- Safety and injury prevention
  - in the prenatal period, 242
  - in infancy, 242–245
    - Prenatal Visit, 332
    - Newborn Visit, 359
    - First Week Visit (3 to 5 Days), 381
    - 1 Month Visit, 408
    - 2 Month Visit, 432
  - in early childhood, 245–246
  - in middle childhood, 246–248
  - in adolescence, 248–252
  - abuse. *See* Family violence; Intimate partner violence; Maltreatment and neglect; Sexual abuse
  - burns, prevention of. *See* Burns, prevention of
  - car safety seats. *See* Car safety seats
  - child development and, 236–237
  - community safety. *See* Neighborhood and community safety/violence
  - Connected Kids: Safe, Strong, Secure, 241
  - counseling in health supervision visits, 239–241
  - drowning, prevention of. *See* Drowning, prevention of
  - emergency preparedness suggestions for parents, 236*b*
  - falls, prevention of. *See* Falls, prevention of
  - families and culture in, 237–238
  - firearm safety. *See* Firearm safety
  - fire safety. *See* Fire safety
  - health care professional's role, 242
  - heat-related illness. *See* Heat-related illness/heatstroke prevention
  - home safety. *See* Home safety
  - intentional injury, 235–236
  - Internet use and, 241–242
  - maltreatment. *See* Maltreatment and neglect
  - outdoor safety. *See* Outdoor safety
  - pedestrian safety in early childhood, 622
  - pet safety. *See* Pets/pet safety
  - during physical activity. *See* Physical activity
  - as a physical determinant of health, 28–30
  - promotion of, 235–252
  - safe sleep. *See* Sleep behaviors, patterns, and safety
  - school safety, 246–247
  - sexual. *See* Sexual safety
  - sexual abuse. *See* Sexual abuse
  - social media, use of, 229–233, 241–242. *See also* Social media use/exposure
  - special health care needs, children with, 238–239
  - during sports. *See* Sports
  - sun exposure. *See* Sun exposure/protection
  - texting and, 241–242
  - unintentional injury, 235
  - water safety. *See* Water safety
- Same-sex parents, families with, 44
- Saturated fats, 723–724



- School
  - in middle childhood
    - attendance. *See* School attendance
    - parent-teacher communications, 667
    - pubertal transitions in, 720–721
    - school food, 669–670
    - school performance. *See* School performance
    - school problems. *See* School problems
    - school progress. *See* School progress
    - school readiness, 666
    - school safety, 246–247
    - special education services, 691–692
  - in adolescence
    - 11 through 14 Year Visits, 748–749
    - 15 through 17 Year Visits, 780–781
    - 18 through 21 Year Visits, 809
  - adaptation to, 691–692
  - after school. *See* After-school activities/care/programs
  - Individualized Education Programs (IEPs), 691–692
  - performance in. *See* School performance
- School attendance
  - 5 and 6 Year Visits, 666
  - 7 and 8 Year Visits, 691–692
  - 9 and 10 Year Visits, 720–721
- School-based health clinics, 273
- School food
  - in middle childhood, 669–670
  - obesity prevention, 157*t*
- School performance
  - 7 and 8 Year Visits, 691–692
  - 9 and 10 Year Visits, 720–721
- School problems
  - 7 and 8 Year Visits, 691–692
  - 9 and 10 Year Visits, 720–721
- School progress
  - 7 and 8 Year Visits, 691–692
  - 9 and 10 Year Visits, 720–721
- School readiness
  - in early childhood, 101–102, 102*b*
  - in middle childhood, 666
- School safety, 246–247
- Scoliosis, screening for, 295
- Screening/surveillance
  - in infancy
    - Prenatal Visit, 308, 309
    - Newborn Visit, 340
    - First Week Visit (3 to 5 Days), 366
    - 1 Month Visit, 389
    - 2 Month Visit, 415
    - 4 Month Visit, 439
    - 6 Month Visit, 463
    - 9 Month Visit, 487
    - bilirubin, 291
    - blood, 291
    - critical congenital heart disease, 292
    - development, screening for. *See* Development/developmental surveillance
  - in early childhood
    - 12 Month Visit, 509
    - 18 Month Visit, 549
    - 2 Year Visit, 569
    - 2½ Year Visit, 590
    - 3 Year Visit, 609
    - 4 Year Visit, 631
  - in middle childhood
    - 5 and 6 Year Visits, 658
    - 7 and 8 Year Visits, 683
    - 9 and 10 Year Visits, 709
  - in adolescence
    - 11 through 14 Year Visits, 741–742
    - 15 through 17 Year Visits, 773–774
    - 18 through 21 Year Visits, 804–805
    - substance use/misuse, 141–144
  - for alcohol use, 298
  - for anemia, 278–279
  - for autism spectrum disorder, 280
  - for blood pressure, 281
  - for cervical dysplasia, 282
  - for depression
    - adolescent depression, 283
    - maternal/parental depression, 52–53, 283
  - of development. *See* Development/developmental surveillance
  - disease detection, 260–261
  - for dyslipidemia, 285
  - at health supervision visits, 260–262, 270
    - developmental surveillance, 267. *See also* Development/developmental surveillance
  - for hearing loss, 286–288
  - for human immunodeficiency virus, 288–289
  - for language delay, 284
  - for lead poisoning, 289–290. *See also* Lead poisoning
  - for mental health problems, 116–118
  - for oral health, 293–294
  - for overweight and obesity, 158–159
  - for scoliosis, 295
  - for sexually transmitted infections, 288–289, 295–297
  - for speech delay, 284
  - for substance use/misuse, 298
    - in adolescence, 141–144
  - for tobacco use, 298
  - tools, 8
  - for tuberculosis, 299
  - for vision problems, 300–301
- SCT. *See* Sickling/sickle cell trait (SCT)
- Seat belts
  - middle childhood, use in
    - 5 and 6 Year Visits, 672–673
    - 7 and 8 Year Visits, 697
    - 9 and 10 Year Visits, 727
  - adolescence, use in
    - 11 through 14 Year Visits, 763
    - 15 through 17 Year Visits, 795–796
    - 18 through 21 Year Visits, 820
  - car booster seats, use with, 644, 674, 697
  - parental use of, 540, 559



- Self-esteem
  - 5 and 6 Year Visits, 662
  - 7 and 8 Year Visits, 687
  - 9 and 10 Year Visits, 714
- Self-regulation
  - in infancy, 87–88
  - in early childhood, 94
  - in middle childhood, 689–690
- Separation anxiety
  - in infancy, 84
  - in early childhood, 100
    - 15 Month Visit, 533
    - 18 Month Visit, 550–551
- Sex, definition of, 219*b*
- Sexual abuse
  - in early childhood, 129
  - in middle childhood, 136
  - in adolescence, 140
- Sexual development and sexuality
  - in infancy, 217–218
  - in early childhood, 218–219
  - in middle childhood, 219–221
    - puberty/pubertal development, 690, 718–721
  - in adolescence, 221–225
    - 11 through 14 Year Visits, 757–758
    - 15 through 17 Year Visits, 789–790
    - 18 through 21 Year Visits, 816
  - circumcision, 322
  - definitions related to, 219*b*
  - ejaculation, 718–719
  - menstruation, 718–719
  - promotion of, 217–225
- Sexual intercourse in adolescence, 221–222
- Sexuality. *See* Sexual development and sexuality
- Sexually transmitted infections (STIs)
  - in adolescence, 222
    - 11 through 14 Year Visits, 759–760
    - 15 through 17 Year Visits, 791–792
    - 18 through 21 Year Visits, 817
  - screening for, 288–289, 295–297
- Sexual orientation, 224–225
- Sexual safety
  - in middle childhood, 718–719
  - contraception, 222
  - STIs. *See* Sexually transmitted infections (STIs)
- Shared decision-making, 31–32
- Shared plan of care (SPoC), 66, 67*f*
- Sibling adjustment/relationships
  - in infancy
    - Newborn Visit, 347
    - First Week Visit (3 to 5 Days), 370–371
    - 2 Month Visit, 420
  - in early childhood, 615
- Siblings
  - addition of, 552
  - relationships with. *See* Sibling adjustment/relationships
- Sickling/sickle cell trait (SCT), 196
  - athletic settings, managing in, 196, 196*b*
  - heat-related illness, signs of, 197*t*
- SIDS. *See* Sudden infant death syndrome (SIDS)
- Singing
  - 18 Month Visit, 553
  - 3 Year Visit, 616
    - engagement in, 553
- Sleep behaviors, patterns, and safety
  - in infancy, 88, 88*t*, 89*t*
    - Prenatal Visit, 329–330
    - Newborn Visit, 357–358
    - First Week Visit (3 to 5 Days), 380–381
    - 1 Month Visit, 398, 407
    - 2 Month Visit, 423, 431
    - 4 Month Visit, 454
    - 6 Month Visit, 470, 479
    - 9 Month Visit, 490
      - bottle in bed, avoidance of, 448, 472
      - infant putting self to sleep, 470
      - sudden infant death, 79, 243–245
  - in early childhood, 94
    - 9 Month Visit, 490
    - 12 Month Visit, 514–515
    - 15 Month Visit, 535
      - bedtime struggles, 126*t*
  - in adolescence
    - 11 through 14 Year Visits, 753–755
    - 15 through 17 Year Visits, 786–787
    - 18 through 21 Year Visits, 813–814
  - bottle in bed, avoidance of
    - in infancy, 448, 472
    - in early childhood, 535
  - night walking, 535
  - sleep schedule
    - 9 Month Visit, 490
    - 15 Month Visit, 535
  - social media use and, 230
  - sudden infant death, 79, 243–245
    - reducing, 243, 244*b*, 398
- Smoking. *See* Tobacco use/exposure
- Snacks
  - 5 and 6 Year Visits, 668
  - 7 and 8 Year Visits, 693
  - 9 and 10 Year Visits, 722–724
- Social connections/skills. *See also* Friends/peers
  - in infancy, 83–84
  - in early childhood, 93, 95
    - 12 Month Visit, 511–512
    - 4 Year Visit, 637
      - difficulty in forming friendships, 128*t*
  - in middle childhood, 104, 105*t*
  - in adolescence, 108–109
- Social determinants of health, 23
  - definition of, 15*b*
  - health supervision visits, 262–263
  - risk factors in, 25, 27*f*, 28, 31
  - strengths and protective factors in, 23–25, 31
- Socialization. *See* Social connections/skills



- Social media use/exposure
  - in the prenatal period, 231
  - in infancy, 231
  - in early childhood, 231
  - in middle childhood, 232–233
  - in adolescence, 233
  - cyberbullying. *See* Bullying/cyberbullying
  - displacement of social interactions by, 230
  - distraction of, 230
  - family plan for, 232*b*
  - healthy/safe use, promotion of, 229–233, 241–242
  - information quality, 230
  - role modeling and, 231
  - sleep behaviors/patterns and, 230
- Special education services in middle childhood, 691–692
- Special health care needs, children with, 65–66
  - in infancy, 70–72
    - healthy development, 80–81
    - nutritional health, 181–182
  - in early childhood, 72–73
    - healthy development, 90
    - nutritional health, 185
  - in middle childhood, 73–74
    - healthy development, 103
    - nutritional health, 187
  - in adolescence, 74–75
    - healthy development, 106–107
    - nutritional health, 190
    - physical activity, 195–196
  - adult care, transitioning to, 75
  - brushing teeth, 208
  - care coordination for, 66–69
  - coordination eco-map, 66–69, 69*f*
  - development
    - in infancy, 80–81
    - in early childhood, 90
    - in middle childhood, 103
    - in adolescence, 106–107
  - family support for, 47
    - family-centered team approach, 68*t*
  - flossing, 208
  - health promotion for, 65–75
  - health supervision visits, 263–264
  - hospice care, 70
  - mental health problems, 118
  - nutritional health
    - in infancy, 181–182
    - in early childhood, 185
    - in middle childhood, 187
    - in adolescence, 190
  - oral health for, 208
  - overweight and obesity, children with, 153
  - palliative care, 70
  - physical activity for, 195–196
  - safety and injury prevention, 238–239
  - shared plan of care for, 66, 67*f*
- Speech delay, screening for, 284
- Spiritual development, 106
- Spitting up in infancy, 179–180
- SPoC. *See* Shared plan of care (SPoC)
- Sports
  - in middle childhood, 248
  - in adolescence, 250–252
    - cheerleading, 252
    - concussions from, 251
    - heat-related illness, 196
    - injury prevention during, 198
      - 7 and 8 Year Visits, 698
      - 9 and 10 Year Visits, 728
    - performance-enhancing substances, 190
    - and physical activity, 196–198
    - sickle cell trait, management of, 196, 196*b*
    - sickling, 196
- Spousal separations, impact of, 28
- STIs. *See* Sexually transmitted infections (STIs)
- Stress
  - in adolescence. *See* Coping with stress in adolescence
  - as a biological determinant of health, 22
  - consequences of, 27*f*
  - family changes and, 51–52
  - precipitants of, 27*f*
  - as a social determinant of health, 25, 27*f*
- Substance use/exposure, 56
  - in infancy
    - Prenatal Visit, 314–315
    - Newborn Visit, 343–344
    - 1 Month Visit, 393–394
    - 6 Month Visit, 465
  - in early childhood
    - 12 Month Visit, 511
    - 2 Year Visit, 572
    - 3 Year Visit, 611
    - 4 Year Visit, 633
  - in middle childhood, 135–136
    - 5 and 6 Year Visits, 661–662
    - 7 and 8 Year Visits, 686
    - 9 and 10 Year Visits, 712
  - in adolescence, 141–145
    - 11 through 14 Year Visits, 745–746, 760–761, 764–765
    - 15 through 17 Year Visits, 777–778, 792–793
    - 18 through 21 Year Visits, 808, 818
  - car safety
    - driving under the influence, 820
    - riding in vehicles (11 through 14 Year Visits), 764–765
  - driving under the influence, 820
  - during pregnancy, 314–315
  - screening for, 298
    - in adolescence, 141–144
  - Youth Risk Behavior Surveillance System, 141, 142*b*
- Sudden infant death syndrome (SIDS), 243–245. *See also* sudden unexpected infant death (SUID)
  - reducing, 243, 244*b*, 398
- Sudden unexpected infant death, 53, 79, 243–244. *See also* Sudden infant death syndrome (SIDS)
- Sugar intake
  - 7 and 8 Year Visits, 694–695
  - 9 and 10 Year Visits, 723–724
  - beverages. *See* Sugar-sweetened beverages



- Sugar-sweetened beverages
    - 5 and 6 Year Visits, 668
    - 7 and 8 Year Visits, 693
    - 9 and 10 Year Visits, 722–723
  - Suicide, 140, 250
  - SUID. *See* Sudden unexpected infant death (SUID)
  - Sun exposure/protection
    - in infancy
      - First Week Visit (3 to 5 Days), 374–375
      - 6 Month Visit, 480
    - in early childhood
      - 12 Month Visit, 522
      - 18 Month Visit, 560
      - 2½ Year Visit, 601
      - 4 Year Visit, 646
    - in middle childhood
      - 5 and 6 Year Visits, 674–675
      - 7 and 8 Year Visits, 699
      - 9 and 10 Year Visits, 729
    - in adolescence
      - 15 through 17 Year Visits, 796–797
      - 18 through 21 Year Visits, 820–821
  - Supplements
    - in infancy, 173–174
      - 4 Month Visit guidance, 451
    - vitamin. *See* Vitamin supplements
  - Survey of Well-being of Young Children (SWYC)*, 261
  - Swaddling, 244b
    - in infancy
      - Prenatal Visit, 329–330, 350
      - Newborn Visit, 357–358
      - First Week Visit (3 to 5 Days), 380–381
      - 1 Month Visit, 398–399, 400
      - 2 Month Visit, 424
      - 4 Month Visit, 443
  - SWYC. *See* *Survey of Well-being of Young Children (SWYC)*
  - Syphilis. *See also* Sexually transmitted infections (STIs)
    - screening for, 296, 297
  - Systems review (Bright Futures Visits), 367
    - in infancy
      - Newborn Visit, 338
      - First Week Visit (3 to 5 Days), 364
      - 1 Month Visit, 387
      - 2 Month Visit, 413
      - 4 Month Visit, 437
      - 6 Month Visit, 461
      - 9 Month Visit, 485
    - in early childhood
      - 12 Month Visit, 507
      - 15 Month Visit, 529
      - 18 Month Visit, 547
      - 2 Year Visit, 567
      - 2½ Year Visit, 589
      - 3 Year Visit, 607
      - 4 Year Visit, 629
    - in middle childhood
      - 5 and 6 Year Visits, 656
      - 7 and 8 Year Visits, 681
      - 9 and 10 Year Visits, 707
    - in adolescence
      - 11 through 14 Year Visits, 739
      - 15 through 17 Year Visits, 771
      - 18 through 21 Year Visits, 803
- T**
- Talking
    - 18 Month Visit, 553
    - 3 Year Visit, 616
    - engagement in, 553
    - speech delay, screening for, 284
  - Tantrums. *See also* Behavioral concerns/problems; Temperament
    - in infancy
      - 12 Month Visit, 513
      - 15 Month Visit, 536
    - in early childhood
      - excessive, 127t
  - Teaching children. *See also* Early education; Learning/learning experiences; Preschool; School
    - in infancy, 89–90
    - in early childhood, 95–98
  - Teeth. *See* Brushing teeth; Oral health
  - Teething, 447
  - Television viewing, 55. *See also* Media use/exposure
  - Temperament
    - in early childhood, 93
      - 2 Year Visit, 575
    - in middle childhood
      - 7 and 8 Year Visits, 689–690
      - 9 and 10 Year Visits, 716–717
    - tantrums. *See* Tantrums
  - Temperature taking in infancy, 374
  - Texting, 241–242
  - Tobacco use/exposure, 56
    - in infancy
      - Prenatal Visit, 316
      - Newborn Visit, 342
      - First Week Visit (3 to 5 Days), 368
      - 1 Month Visit guidance, 391
      - 6 Month Visit, 465
    - in early childhood
      - 12 Month Visit, 511
      - 2 Year Visit, 572
      - 3 Year Visit, 611
      - 4 Year Visit, 633
    - in middle childhood
      - 5 and 6 Year Visits, 661–662
      - 7 and 8 Year Visits, 686
      - 9 and 10 Year Visits, 712
    - in adolescence
      - 11 through 14 Year Visits, 745–746, 760–761
      - 15 through 17 Year Visits, 777–778, 792–793
      - 18 through 21 Year Visits, 808, 818
    - as a biological determinant of health, 21
    - e-cigarettes. *See* E-cigarette use/exposure screening for, 298



- Toilet training, 95  
18 Month Visit, 551  
2 Year Visit, 579  
readiness, signs of, 551  
resistance to, 126*t*
- Toothbrushes  
6 Month Visit guidance, 472  
brushing teeth. *See* Brushing teeth
- Toothpaste  
fluoridated, 207, 209, 211, 212, 214  
guidance, 208, 208*f*
- Transgender, youth who identify as, 219*b*, 224–225
- Transition home  
Newborn Visit guidance, 346–347  
First Week Visit (3 to 5 Days) guidance, 370
- Traumatic injury  
abusive head trauma in infancy, 121–122  
acoustic trauma. *See* Acoustic trauma  
to mouth, 214
- Tuberculosis, screening for, 299
- U**
- Underweight, children with, 151  
interpreting BMI, 269*t*  
low-birth-weight babies, 22
- V**
- Vegetables  
in middle childhood, 669–670  
pesticides in. *See* Pesticide exposure
- Violence. *See also* Maltreatment and neglect  
in adolescence, 249–250. *See also* Bullying; Fighting  
in the community. *See* Neighborhood and community  
safety/violence  
domestic. *See* Family violence; Intimate partner violence  
interpersonal. *See* Bullying/cyberbullying; Fighting  
sexual abuse. *See* Sexual abuse
- Vision problems, screening for, 300–301
- Vitamin D  
in infancy, 183*b*  
in early childhood, 183*b*  
in middle childhood, 186  
5 and 6 Year Visits, 669–670  
7 and 8 Year Visits, 694–695  
dietary reference intakes, 183*b*  
in adolescence, 183*b*  
dietary reference intakes, 183*b*
- Vitamin supplements  
in infancy, 173–174  
vitamin D. *See* Vitamin D
- W**
- Waking behaviors/patterns. *See* Sleep behaviors, patterns, and safety
- Water in early childhood, 557, 618, 639
- Water safety. *See also* Drowning, prevention of  
in early childhood  
12 Month Visit, 521  
2½ Year Visit, 600  
3 Year Visit, 623  
4 Year Visit, 645  
in middle childhood  
5 and 6 Year Visits, 674  
7 and 8 Year Visits, 698–699  
9 and 10 Year Visits, 728
- Weaning infants, 495
- Weight  
in infancy  
healthy weight, 162  
low-birth-weight babies, 22  
overweight, infants with, 152–153, 162  
weight gain, 375–376  
in early childhood  
healthy weight, 163  
overweight and obesity, children with, 152–153, 163  
in middle childhood  
5 and 6 Year Visits, 669–670  
7 and 8 Year Visits, 694–695  
9 and 10 Year Visits, 723–724  
healthy weight, 163–164  
overweight and obesity, children with, 163–164  
in adolescence  
healthy weight, 164  
overweight and obesity, adolescents with, 153, 164  
as a biological determinant of health, 22  
body mass index, 151, 152*t*  
interpreting, 269*t*  
weight-change targets based on, 161, 162*t*  
cultural attitudes about, 169  
definitions and terminology, 151  
healthy weight, promotion of, 151–164  
low-birth-weight babies, 22  
overweight, children with. *See* Overweight and obesity  
underweight, children with, 151  
interpreting BMI, 269*t*  
low-birth-weight babies, 22
- Whole-grain consumption, 669–670
- Windows, prevention of falls from, 622
- Work-life balance, 613
- Y**
- Youth Risk Behavior Surveillance System, 141, 142*b*