

Table 9-5 Anticipatory Guidance Topics Suggested by Age

AGES	INJURY PREVENTION	VIOLENCE PREVENTION	SLEEP POSITION	NUTRITIONAL COUNSELING	FOSTERING OPTIMAL DEVELOPMENT
Birth and/or 3–5 days	Crib safety Hot water heaters <120° F Car safety seats Smoke detectors	Assess bonding and attachment Identify family strife, lack of support, pathology Educate parents on nurturing	Back to sleep Crib safety	Exclusive breastfeeding encouraged Formula as a second-best option	Discuss parenting skills Refer for parenting education
2 weeks or 1 month	Falls	Reassess* Discuss sibling rivalry Assess if guns in the home	Back to sleep	Assess breastfeeding and offer encouragement, problem solving	Recognize and manage postpartum blues Child care options
2 months	Burns/hot liquids	Reassess firearm safety	Back to sleep		Parent getting enough rest and managing returning to work
4 months	Infant walkers Choking/suffocation	Reassess	Back to sleep	Introduction of solid foods	Discuss central to peripheral motor development Praise good behavior
6 months	Burns/hot surfaces	Reassess		Assess status	Consistent limit-setting versus “spoiling” an infant Praise good behavior
9 months	Water safety Home safety review Ingestions/poisoning	Assess parents’ ideas on discipline and “spoiling”		Avoiding juice Begin to encourage practice with cup drinking	Assisting infants to sleep through the night if not accomplished Praise good behavior
12 months	Firearm hazards Auto-pedestrian safety	Discuss timeout versus corporal punishment Avoiding media violence Review firearm safety		Introduction of whole cow’s milk (and constipation with change discussed) Assess anemia, discuss iron-rich foods	Safe exploration Proper shoes Praise good behavior
15 months	Review and reassess topics	Encourage nonviolent punishments (timeout or natural consequences)		Discuss decline in eating with slower growth Assess food choices and variety	Fostering independence Reinforce good behavior Ignore annoying but not unsafe behaviors
18 months	Review and reassess topics	Limit punishment to high yield (not spilled milk!) Parents consistent in discipline		Discuss food choices, portions, “finicky” feeders	Preparation for toilet training Reinforce good behavior
2 years	Falls—play equipment	Assess and discuss any aggressive behaviors in the child		Assess body proportions and recommend low-fat milk Assess family cholesterol and atherosclerosis risk	Toilet training and resistance
3 years	Review and reassess topics	Review, especially avoiding media violence		Discuss optimal eating and the food pyramid Healthy snacks	Read to child Socializing with other children Head Start if possible
4 years	Booster seat versus seat belts			Healthy snacks	Read to child Head Start or pre-K options
5 years	Bicycle safety Water/pool safety	Developing consistent, clearly defined family rules and consequences Avoiding media violence		Assess for anemia Discuss iron-rich foods	Reinforcing school topics Read to child Library card Chores begun at home
6 years	Fire safety	Reinforce consistent discipline Encourage nonviolent strategies Assess domestic violence Avoiding media violence		Assess content, offer specific suggestions	Reinforcing school topics After-school programs Responsibility given for chores (and enforced)
7–10 years	Sports safety Firearm hazard	Reinforcement Assess domestic violence Assess discipline techniques Avoiding media violence Walking away from fights (either victim or spectator)		Assess content, offer specific suggestions	Reviewing homework and reinforcing school topics After-school programs Introduce smoking and substance abuse prevention (concrete)