

Preventive Services for Children to Age 19

COUNSELING AT PREVENTIVE HEALTH VISIT					
Practitioners should allow adolescents an opportunity for confidential discussion/examination without a parent present. Counseling content is dependent not only on age, but on the child's developmental stage, behaviors and other factors.					
COUNSELING TOPIC	AGE RANGE (YEARS)				
	≤ 2	2-4	5-10	11-15	16+
PARENTING SKILLS					
Parents as role models			■	■	■
Encourage parents to discuss health-related behaviors				■	■
INJURY PREVENTION					
Supine sleep; no co-sleeping	■				
Child in back seat; child restraint and safety seat (under 8 yr, & 57"), lap shoulder and lap belts.	■	■	■	■	■
Clinicians should assess the risk of lead poisoning and discuss lead poisoning prevention at each visit	■	■			
Smoke detector/carbon monoxide detector	■	■	■	■	■
Safe storage of drugs, matches, toxic substances and/or firearms	■	■	■	■	■
Water safety	■	■	■	■	
Poison control number 1-800-222-1222 TTY: 273-3854	■	■	■	■	
Violence prevention- promote nonviolent behavior, screen for family violence	■	■	■	■	■
Flame retardant sleep wear	■	■	■		
Walker danger, window/stair guards; pool fence	■	■	■		
Hot water temperature <120 -130°F	■	■	■		
CPR training for parents/caretakers	■	■	■		
Bicycle helmet; avoid bicycling near traffic		■	■	■	■
Motorcycle/ATV helmets				■	■
Avoid driving while being distracted by cell phones, texting or too many people in the car; use seat belts					■
Avoid alcohol/drug use while driving, swimming, boating				■	■
DIET					
Breast-feeding, formula and foods	■				
Limit fat & cholesterol, avoid soda and sugared drinks/fruit juices; emphasize grains, & 5 servings of fruits, vegetables		■	■	■	■
Eating disorders				■	■
Ensure 400 IU of Vitamin D intake daily	■	■	■	■	■
PHYSICAL ACTIVITY					
Encourage daily 1 hour of more of regular physical activity and limiting screen time to 2 hours		■	■	■	■
DENTAL HEALTH					
Advice about baby bottle tooth decay	■				
Regular visits to dental care provider		■	■	■	■
Review dietary source of fluoride (e.g. drinking water, beverages, food, toothpaste) to determine if supplements should be prescribed	■	■	■	■	■
SMOKING					
Effects of passive smoking; anti-tobacco message	■	■	■	■	
Avoid or quit tobacco and tobacco products (all forms)			■	■	■
ALCOHOL AND DRUG US					
Avoid alcohol, & illicit drug use, OTC drugs and anabolic steroids for non-medical purposes				■	■
Avoid being a passenger in a car or boat with someone who has been drinking or taking drugs				■	■
SEXUAL BEHAVIOR					
Discuss safe sex practices				■	■
MEDIA AND SOCIAL MESSAGING					
Discuss dangers of media and social messaging				■	■

Guidelines are intended to be flexible. They serve as reference points or recommendations, not rigid criteria. Guidelines should be followed in most cases, but there is an understanding that, depending on the patient, the setting, the circumstances, or other factors, care can and should be tailored to fit individual needs.