



Step 1: Answer a
Questionnaire



Step 2: Pick Your Priorities



Step 3: Get Your Visit Guide

THE WELL VISIT PLANNER

A Tool to Help Families Partner in Their
Child's Health Care





Polling Questions

- Q1: Are you...?
- Parent Leader
 - Parent/Family
 - Other consumer of health services
 - Healthcare provider/professional
 - Educational provider/professional
 - State MCH agency staff
 - Head Start/Early Head Start staff
 - Community agency professional/staff
 - Academic, research professional
 - Other (please describe)
- Q2: Have you seen or used the Well Visit Planner tool before?
- Yes
 - No



FAMILY VOICES®

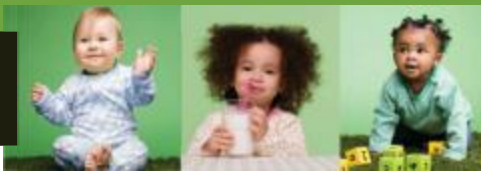
...keeping families at the center of children's health care





Learning Objectives

1. Understand what the Well Visit Planner is
2. Demonstrate the Well Visit Planner Tool
3. Understand how families will be better prepared for their child's well visits by using the Well Visit Planner
4. Learn about the variety of tools to help promote the Well Visit Planner



Key Partners

Child and Adolescent Health Measurement Initiative (CAHMI) works to advance the use of the WVP in Head Start programs has been possible through support from the AAP and ACF /OHS

Since 2008, the CAHMI had been fortunate to partner with many individuals and organizations to develop the Well Visit Planner*.

- The Health Resources and Services Administration's Maternal and Child Health Bureau (**HRSA/MCHB**; R40 MC08959, U59-MC06890)
- The **American Academy of Pediatrics (AAP) Bright Futures** staff and leaders
- Pediatric **providers and clinics** engaged in the design, testing and use of the WVP
- CAHMI's Family Centered Quality Improvement **Advisory Group** and Parent Advisory Committee
- The staff of the Child and Adolescent Health Measurement Initiative (**CAHMI**)
- The **Administration for Children and Families, Office of Head Start**



What is the Well-Visit Planner?

- A parent/family driven tool for families to complete online prior to their child's well-visit (www.wellvisitplanner.org)

Anchored to Bright Futures Guidelines for visits up to age 6

Customized for each age-specific well child care visit

Well-Visit Planner™
a project of The Child & Adolescent Health Measurement Initiative

Your Child, Your Well-Visit

Parents, welcome to the Well-Visit Planner™ website (WVP)! The purpose of the WVP is to help you prepare, learn about and identify your priorities for your child's next well-visit. The WVP is for parents of children who are from 4 months through 3 years of age. Complete it before every well-child care visit by going through these three steps.

Step 1

Answer a Questionnaire about your child and family.

Step 2

Pick Your Priorities for what you want to talk or get information about at your child's well-visit.

Step 3

Get Your Visit Guide that you and your child's health care provider will use to tailor the visit to your child's family needs.

Your privacy is important to us. Please review our terms and conditions, check each box and click the **Get Started** button below.

I am 18 years old or older. I agree to the [Terms and Conditions](#) of the Well-Visit Planner.

I voluntarily consent to the Well-Visit Planner.

Get Started!
Click here

Are you a health care provider?
Click here for more info.

About This Website | Terms and Privacy | Educational Materials | Help
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A word about “Bright Futures”

Bright Futures is :

- ... the leading organization in establishing national guidelines for health supervision for children and adolescents.
- “... a set of principles, strategies and tools that are theory - based, evidence - driven, and systems - oriented, that can be used to improve the health and well-being of all children through culturally appropriate interventions that address the current and emerging health promotion needs at the family, clinical practice, community, health system and policy levels.”

Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 3rd Edition (Hagan J, Shaw JS, Duncan PM eds.)



Why Does Well Child Care Matter?

- **Prevention and Health Promotion** are critical to a child's healthy development
- **Provides** vital services such as screening and immunizations
- **Promotes** early identification of potential issues
- **Educates** parents about child's developmental milestones and age-appropriate behaviors
- **Clarifies** needs for further psychosocial and developmental screening



13 well child care visits in 3 years

Critical periods and milestones

Family and community context critical

Guidelines exist and are extensive

Gaps in quality & misses to promote health persist



Parent awareness about well visit guidelines limited

Need to customize visit key

Visit times and staffing limited

HS/EHS and pediatric providers accountable

Partnering with parents is essential

Mahé, 6 months



Engage

Educate

Improve

LEARNING OBJECTIVE #1: WHAT IS THE WELL VISIT PLANNER?



What is the Well-Visit Planner?

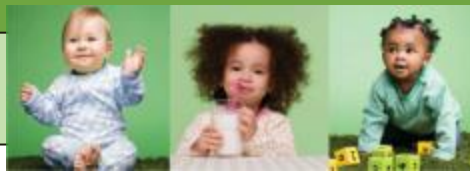
- A parent/family driven tool for families to complete online prior to their child's well-visit (www.wellvisitplanner.org)

Available in English and Spanish

Takes an average of 10 minutes for parents to complete

Parents receive a tailored visit guide to share with HS/EHS and child's providers

The screenshot shows the homepage of the Well-Visit Planner website. At the top left is the logo for the Well-Visit Planner, a project of The Child & Adolescent Health Measurement Initiative. To the right is the tagline "Your Child, Your Well-Visit". Below this is a welcome message to parents and a description of the tool's purpose. The main content area features three steps, each with a photo of a child and a description: Step 1: Answer a Questionnaire; Step 2: Pick Your Priorities; Step 3: Get Your Visit Guide. At the bottom, there is a privacy notice, two consent checkboxes, a large green "Get Started! Click here" button, and a small button for health care providers. Footer text includes "About This Website | Terms and Privacy | Educational Materials | Help" and "©2012 Child and Adolescent Health Measurement Initiative".



The WVP Website: Three Easy Steps

Families of young children visit the Well-Visit Planner website and complete the following steps before their child's age-specific well-visit:

Step 1



Answer a Questionnaire
about your child and family.

The questionnaire has about 40 questions and takes about 10 minutes to complete.

Step 2

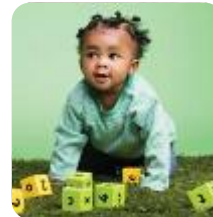


Pick Your Priorities

for what you want to talk or get information about at your child's well-visit.

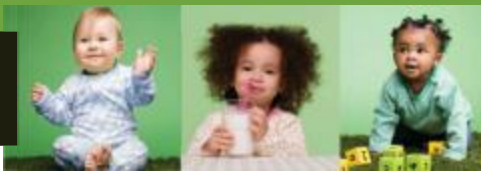
Based on Bright Futures Guidelines

Step 3



Get Your Visit Guide

that you and your child's health care provider will use to tailor the visit to your child and family needs.



Polling Questions

- Q3: What do you think are the major concerns a parent would have about using the WVP? (check all that apply)
- o Don't know what a well-child visit is for
 - o Don't have time or can't take time off from work for well child visits
 - o It's not ok to ask providers questions
 - o Cultural barriers
 - o Literacy, language barriers
 - o Well Visit Planner is redundant with existing assessment tools or paperwork for the parent
 - o Not enough time in the visit for concerns about the child
 - o Well child visits don't address issues for children with special health care needs
 - o Too many visits to the provider already for special needs child
 - o Don't have access to a computer or printer
 - o Don't know anything about child development
 - o Other concerns (please describe)



Engage

Educate

Improve

LEARNING OBJECTIVE #2

DEMONSTRATION OF THE WELL VISIT PLANNER



Step 1: The WVP Questionnaire

Parent can choose English or Spanish

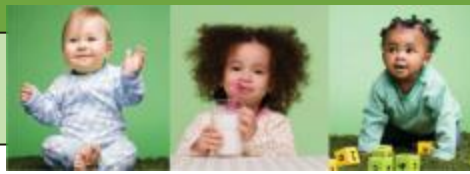
1. Parent logs on to WVP site
www.wellvisitplanner.org

2. Accepts terms and conditions,
that use is voluntary

3. Clicks "Get Started"




Resources for HS Staff




Step 1: The WVP Questionnaire

4. Enter child's age and other family information
5. Age-specific questions based on Bright Futures Guidelines
6. Proceed through a series of questions

Language: English ▼


 *Your Child, Your Well-Visit*

Step 1




Answer a Questionnaire
about your child and family

Step 2



Pick Your Priorities
for what you want to talk or get
information about at your child's
well-visit

Step 3



Get Your Visit Guide
that you and your child's health
care provider will use to tailor the
visit to your child's family needs

Items marked with * are **required**. All other fields are **optional**.

Your child's first name:

Date of birth: *

Gender: Male Female [clear](#)

[Health care](#) provider:

Date of upcoming visit: *

Well-child visit: *

How did you [find](#) this [website](#)? * Physician Other

I am using this site: * To prepare for my child's well visit To explore this online resource

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Step 1: The WVP Questionnaire

Child's strengths and any issues families want to discuss

Important family changes and health information



Step 1

Step 2
Pick Your Priorities

Step 3
Get Your Visit Guide

Step 1: Answer a Questionnaire

General Questions about You and Your Child

1. Share one thing that your child is able to do that you are excited about:


2. Are there any specific **concerns** you would want to discuss at your child's upcoming well-visit?
 Yes No
Please Describe:

3. Have there been any **MAJOR** changes in your family since your child's last well-visit? Check all that apply and describe.

- None
- Move
- Job change
- Separation
- Divorce
- Death in the Family
- Other, please describe:



Step 1: The WVP Questionnaire





Pick Your Priorities
Get Your Visit Guide

Step 1: Answer a Questionnaire Continued...

Specific Questions about Your Child

The next questions are general health questions about your child.

1. Is your child being breastfed or fed breast milk?
 Yes No

1a. If breastfeeding, do you give your child Vitamin D?
 Yes No

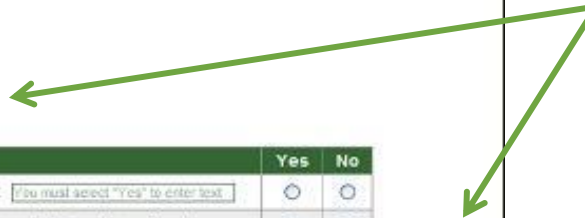
	Yes	No
2. Has your child been on any new medications since the last visit? List: <input type="text" value="You must select 'Yes' to enter text"/>	<input type="radio"/>	<input type="radio"/>
3. Has your child ever had a bad reaction to a vaccine? (temp > 104, inconsolable crying > 3hrs)	<input type="radio"/>	<input type="radio"/>
4. Do your child's eyes appear unusual or seem to cross, drift or be lazy?	<input type="radio"/>	<input type="radio"/>
5. Have you started weaning your child from the bottle?	<input type="radio"/>	<input type="radio"/>
6. Do you give your child any vitamins or herbal supplements?	<input type="radio"/>	<input type="radio"/>
7. Does your child live with both parents in the same home?	<input type="radio"/>	<input type="radio"/>
8. Do you have a dentist for your child?	<input type="radio"/>	<input type="radio"/>

9. In the last 12 months, did your child's doctors or other health providers have you fill out a questionnaire about **specific concerns or observations** you may have about your child's development, communication or social behaviors?
 Yes No

9a. Did this questionnaire ask about your **concerns or observations** about how your child **talks or makes speech sounds**?
 Yes No

9b. Did this questionnaire ask about your **concerns or observations** about how your child **interacts with you and others**?

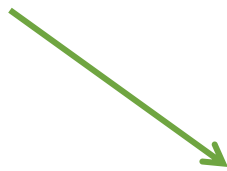
Child Health and Functioning
(feeding, immunizations, etc.)





Step 1: The WVP Questionnaire

Age-specific developmental surveillance



Important family psychosocial assessment items



Your Growing and Developing Child

Please indicate whether your child is able to do the following tasks right now. ([Why does my health care provider ask about this?](#))

	Yes	No	Unsure
1. Will your child pull to stand?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Does your child stand alone?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Will your child bang 2 objects held in hands?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Will your child put an object (block, Cheerio, etc) in a cup or other container?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Does your child play pat-a-cake OR other games where he/she imitates your movements?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When your child wants something does he/she tell you by pointing to it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Does your child wave bye-bye?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Does your child imitate household activities (for example, dusting)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Does your child babble with inflections of normal speech?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Does your child imitate vocalizations and sounds?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Does your child speak at least 1 word (other than mama and dada?) (a word is a sound that babies say to mean something)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Specific Questions about You, Your Family and Your Home

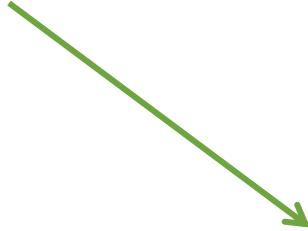
The next questions help your child's health care provider understand your family better in order to give the best care possible. Just like all the questions in this online tool, they are optional to answer. Your answers will be kept confidential.

	Yes	No
12. Have any of your child's relatives developed new medical problems since the last visit?	<input type="radio"/>	<input type="radio"/>
13. Does your child's primary water source contain fluoride? Click here to check if unsure	<input type="radio"/>	<input type="radio"/>
14. Do any adults who are around your child smoke (including inside or outside the house)?	<input type="radio"/>	<input type="radio"/>
15. How many times in the last 2 weeks have you gone out socially or spent time doing hobbies, self-care or spare-time activities you enjoy? <input type="radio"/> None <input type="radio"/> 1-2 <input type="radio"/> 3-5 <input type="radio"/> > 5		
16. In general, how well do you feel you are coping with the day to day demands of parenthood? <input type="radio"/> Very Well <input type="radio"/> Well <input type="radio"/> Somewhat Well <input type="radio"/> Not Very Well <input type="radio"/> Not Well at All		



Step 1: The WVP Questionnaire

Important Prioritization and Educational Information about what is customary for the age-specific well-child visit



Language: English



Well-Visit Planner™

Your Child, Your Well-Visit

Step 1



Answer a Questionnaire

Step 2



Pick Your Priorities

Step 3



Get Your Visit Guide

Step 2: Pick Your Priorities

Check up to 5 topics you want to discuss with your health care provider. Fewer than 5 is okay!

To learn more click on the  icon to get education & tips from pediatric health care experts about each topic.

How you and your family are doing:

- Changes or stressors for you and your family 
- Making sure you have somewhere or someone to turn to for emotional support 
- Taking time for yourself, for your partner and your other children 
- Balancing responsibilities with your partner 
- Issues related to childcare, such as a nanny, daycare or babysitters 

How your child is growing and developing:

- Behaviors to expect in the next few months 
- Establishing consistent daily routines and their impact on behavior and sleep 
- Night waking and fussing 
- "Back to sleep" and crib safety - avoiding soft toys and bedding 
- Playtime for your baby, including "tummy time" and reading 
- Television - why the experts say no TV 
- How your baby communicates his needs 
- Your baby's moods and emotions 
- Tips for calming and relaxing your baby 



Step 2: Pick Your Priorities




Step 2: Pick Your Priorities

Check up to 5 topics you want to discuss with your health care provider. Fewer than 5 is okay!








To learn more click on the  icon to get education & tips from pediatric health care experts about each topic.

Educational Resources





Your child and family:

- Behaviors to expect in the next few months 
- Ways to guide and discipline your child 
- Why having consistent guidance and discipline strategies between parents, family members and care providers are important 
- Time-outs 
- How you balance taking care of yourself while being a parent 
- How to make time for other relationships 

Establishing routines for your child:

- Importance of your family eating meals together 
- Importance of outside family activities that involve playing, walking, running or playing chase 
- Television – why the experts say no TV 
- Ways to read to your child that promotes his language development 
- How your child responds to new people or caregivers 
- Importance of your child pointing to let you know what he wants 
- Sleep routines and sleep habits 

Your child's feeding and appetite changes:

- Feeding time strategies, such as teaching your child to use a cup and to feed himself 
- Nutritious foods and how much/what kinds of food your child eats 
- Giving your child choices between 2 options 
- How your child's appetite might change from day to day 

Your child's dental health:

- Your child's first check up with a dentist 
- Brushing your child's teeth, not letting them do it themselves 
- Finger sucking, pacifiers or use of bottles and their impact on your child's teeth 



Step 2: Pick Your Priorities

Your child's moods and emotions ⓘ

Learn More Print Save X

Behaviors to expect in the next few months

Your child is now advancing from infancy into the preschool years! During this time your child's physical and motor development will slow, but you can expect many changes intellectually, socially, and emotionally.

The language skills your child will develop over the next several months are the most significant changes you will see. Your child is becoming more of an individual and active participant in family life. Your two-year-old is or soon will be using verbs to make short sentences and using simple adjectives. Using simple words and questions, repeating what you heard your child say, reading with your child and describing what you're doing together are all ways to encourage your child's language development. You may hear your child begin "talking himself to sleep" at night, which in addition to being entertaining, is another way he learns to speak and to get himself to sleep.

Your child will also begin to play in a way called "symbolic play," in which he will imitate other people's mannerisms and activities. For example, he might have a conversation between two dolls that imitates experiences he has seen. This is a great accomplishment!

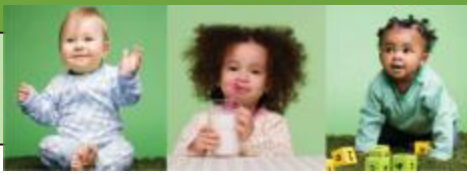
You can also expect your child to grow increasingly independent and desire self-control. It is likely that most of the time he will be cheerful, helpful and easygoing, but of course you should expect some bumps in the road as your child is learning to share his ideas and feelings. Two-years-old often get the label "terrible twos," because they cannot control their emotions. One minute your child is happy, the next he is sad and suddenly he will become angry and out of control and may bite, kick or bang his head. He might even hold his breath, which can be frightening for parents. Don't worry, he will relax and his oxygen will recover immediately. The most effective response to this behavior is to put him in his room where he is safe and walk away saying, "I don't like this behavior. When you are through with that, I will come back." Afterward, you can comfort him and say, "Someday, you will learn to control this yourself." You can read about more strategies in the *Ways to guide and discipline your child* topic.

Night terrors most commonly appear now. They can be more frightening for parents than for the child who is not truly awake during them and will have no memory of them the next morning. These occur during the transition from deep sleep to light sleep and are characterized by out-of-control screaming and thrashing. Trying to rouse or comfort your child are likely to lead him to become more

Bathtub, water, and pool safety ⓘ

Gun safety in your home and places where your child visits ⓘ

What is this and why is it important?



Step 3: Print the Customized Visit Guide

- At completion, a Customized Visit Guide is generated for use by families and provider:

WVP VISIT GUIDE: WHAT TO DISCUSS AT JESSICA'S 12-MONTH WELL-VISIT

Parents: Bring this Full Summary Visit Guide to your child's well-visit to help you remember what topics to bring up with your child's health care provider. → *So you don't forget, put this in your purse, wallet or diaper bag now!*

 **Note to Dr. Smith:** For more information on the Well-Visit Planner, please see the end of this Visit Guide or visit www.wellvisitplanner.org/about.

1 Your Priorities to Discuss During Jessica's Visit
Based on the priorities you selected, you may want to talk to your child's doctor about:

- Time-outs**

Questions about **time-outs** that you could ask:

- How long is too long to be in a time-out?
- What if my child will not stay in his time-out?
- My toddler likes to be in his playpen – will he think this is a reward?
- I don't think time-outs are right. What are other strategies that we can that use that help my



Polling Questions



Engage

Educate

Improve

**LEARNING OBJECTIVE #3:
HOW WILL THE WVP HELP PARENTS
BE BETTER PARTNERS IN THEIR
CHILD'S HEALTH VISIT?**



Typical Mindset of Families in Health Care Setting

- Information flow:

DOCTOR  PATIENT (FAMILY)

- Time/Availability

EXAM ROOM TIME LIMITED

FAMILIES BUSY

13 WELL CHILD VISITS OVER 3 YEARS??

- Information shared with families

NOT NECESSARILY CULTURALLY COMFORTABLE



Health Promotion is Key

- Well Child Visits provide time for:
 - Discussing developmental milestones
 - Age-appropriate injury/safety precautions
 - Next developments to be looking for
 - Getting to know the provider in a non-illness or emergency setting

Every child needs well child care!



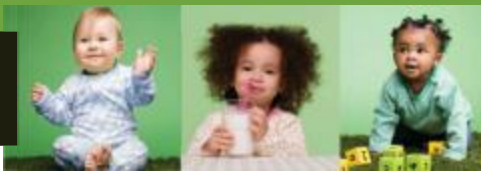
A Change in Mindset: Family-Centered Care

- Information flow:



- Each has vital information to share
- Make the best use of limited time by addressing most important topics
- Information shared with families tailored to culture and traditions

Families and Providers—PARTNERS in Health Care!



How Will the WVP Help Parents?

➤ **Validates the Role of Parents and Families in Health Care**

- Parents *DO* play an important role in the health care of their children
- Parents are the experts on their child's personality, health background, and culture/traditions
- Parents know what their children are like day-to-day—what they are capable of doing, and what they might be struggling with

➤ **Builds Confidence in Parents and Families**

- By learning what issues they can and should address during well visits
- By giving them information ahead of time about developmental milestones and age-appropriate behaviors

➤ **Ensures** parents know their own priorities for the well child visit



How Will the WVP Help Parents?

Having a tangible product – the **Well Child Visit Guide**- to take to the provider visit can:

- Reinforce importance of well child visit
- Focus content of visit, parents get questions answered
- Improve efficiency and effectiveness of the visit
- Alert parents to critical issues and prepare for future visits
- Improve communication, build parent-provider relationship



How Will the WVP Help Parents?

Evidence suggests engaging parents with tools like the WVP can:

- Ensure parent **priorities are identified** and **improve compliance** with guidelines by educating parents about what to expect
- Build greater **trust and open communication** with the families, providers, and care team
- Foster **care coordination** across medical and community based services
- Lead to **fewer no shows** and **improve “adherence”**
- **Improve quality** by reducing underuse, overuse and misuse



Partnering with Parents Works!

- Research suggests that active partnerships that use assessment tools help staff improve both delivery of their services and outcomes for parents
- WVP tools are based in scientific evidence on best models for parent engagement and communication.
- Parents, HS staff and providers agree -- the WVP engages parents and improves the process, efficiency, and effectiveness of well child visits



Engaging Families in the Well Visit Planner

- Spread the word! Let families you work with know about this tool!
- The Well Visit Planner is for ALL children, including those with special needs.
- Help families fill out the tool if they have limited literacy or when their primary language is not English or Spanish.
- Offer to print copies of the Well Visit Guide.
- Let families know that their voice is important in the health care professional's world!



Engage

Educate

Improve

WELL VISIT PLANNER TOOLS & RESOURCES



The Well Visit Planner Media Toolkit

www.fv-impact.org/publications/well-visit-planner-media-toolkit/

- Handouts
- Sample Newsletter Articles to cut and paste into your newsletters
- Videos
- PowerPoint Presentation
- Social Media content—Sample Twitter and Facebook messages
- Web buttons



BRIGHT FUTURES: FAMILY MATTERS

FAMILY VOICES®
improving families in the name
 of children's health care

APRIL 2015

The Well Visit Planner: Making the Most of Your Child's Health Care Checkups

Busy families, busy health care providers! Time is of the essence for everybody, and so making the best use of the time we have is critical.

Well-child visits—those regularly scheduled trips to the doctor for your child's checkups and shots—provide an important time with your child's health care provider. A new tool can help you make those visits as meaningful as possible: the Well Visit Planner.

What is a Well-Child Visit—and Why are They Important?

The American Academy of Pediatrics (AAP) recommends 13 well-child visits during the first three years of your child's life. These are over and beyond any visits for illness or those with specialists.

That sounds like a lot of visits! Why take your child to the doctor if he or she isn't sick?

When your child is sick, the most important priority for you and your doctor is figuring out what is wrong and what to do to make it better. There is rarely time to discuss other topics about how your child is growing and developing.

Well-child visits are all about prevention and promotion of healthy habits. Recommended vaccinations are given during these visits, as well as routine screenings for such things as vision or hearing problems, anemia, autism, and other issues.

It is the perfect time to share what your child is doing and learning, and to share any questions or concerns you might have.

It's also a good time for your child's health care provider to learn about your family and your cultural and family traditions and anything that affects your child's health and development.

Seven of the 13 visits happen in the first year: newborn, first week, 1 month, 2 months, 4 months, 6 months, and 9 months. This is a time when babies are rapidly growing and learning new skills!

The visits space out over the next 2 years: 12 months, 15 months, 18 months, 2 years, 2 1/2 years, and 3 years. Beyond 3 years, well-child visits are usually scheduled once a year.



In This Issue:

- What is a Well-Child Visit?
- Introducing the Well Visit Planner
- Step by Step
- When Your Child has Special Needs
- How is the Information Used?
- Helpful Tips
- More Information about the Well Visit Planner

The WELL VISIT PLANNER:

An online tool to help you prepare for your child's upcoming checkups.

- It's free!
- It takes 10 to 15 minutes to fill out
- It helps you be a better partner in your child's health care
- It helps health care providers better serve your child's needs

CHECK IT OUT!

www.WellVisitPlanner.org



Did you know that one in five families with children has at least one child with special health care needs? Join Family Voices Public Awareness Campaign and make a difference!



Do you know how to make your child's well-care visits
work for you and your provider?



Before your next visit

take 10-15 minutes at home and get a **personalized visit guide** -
all information stays private!

Go to **www.WellVisitPlanner.org**

- EXPLORE** the issues and needs important to your child's and family's health
- LEARN** about topics for ages 0-6 and get educational before your visit
- PICK** what is most important to you to discuss with your healthcare provider
- PARTNER** with your child's provider by sharing your child's custom Visit Guide

The Well-Visit Planner was developed by the Child & Adolescent Health Measurement Initiative and is based on national recommendations for well-child care.



Your Child, Your Well-Visit



Frequently Asked Questions for Families

What is a well-visit? A well-visit is a check-up. It is an important time to partner with your provider to check in about how well your child is learning new things, ways to help your child grow up healthy, and your needs as a parent. It is recommended that your child has 13 well-visits in their first 3 years, and because babies change so fast, well-visits are much more frequent your baby's first year.

What is the Well-Visit Planner (WVP)? The WVP is a free tool to help parents and family members plan their child's upcoming well-visit up to their sixth birthday. You complete the tool online at www.wellvisitplanner.org. Then, the WVP creates a Visit Guide to take to your visit. The guide shows what you've identified as your family's needs, concerns, and questions.

How does the Well-Visit Planner help me as a parent? The WVP helps families:

- Discover issues and needs important to your child's and family's health.
- Learn about developmental milestones and important topics for children ages 0-6 years old. This includes information about your child's growth, development, and language skills. You can also learn more about your child's development before the visit by reading the WVP's education materials at www.WellVisitPlanner.org/Education.
- Pick what you want to discuss with your child's health care provider. A Visit Guide will be created for you, based on questions you've identified as important for your family.
- Partner with your child's provider by sharing your questions and concerns in your Visit Guide.

How long will it take to complete? The Well-Visit Planner usually takes 10-15 minutes to complete, but you can take as long as you like!

What will I be asked to do? To get your Visit Guide, take these 3 easy steps:

1. Answer questions about your child and family that will help your child's health care provider understand more about your child's development.
2. Pick the topics related to your child that you want to discuss with your child's health care provider.

This tool was developed by the Child and Adolescent Health Measurement Initiative (CAHMI) with support from the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Research Program.

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Welcome to the Well Visit Planner: Provider FAQs

What is the Well-Visit Planner (WVP)?

- The Well-Visit Planner (www.wellvisitplanner.org) is an online pre-visit planning tool that enables parents to optimize visit time by focusing on priorities and concerns specific to the child and family.
- The WVP is anchored to the American Academy of Pediatrics' Bright Futures guidelines for 4, 6, 9, 12, 15, 18, 24, and 36 month and 4, 5, and 6 year well visits (<http://brightfutures.aap.org/>).

How does the WVP work?

The WVP consists of three steps completed online by a child's family. This process takes 10-15 minutes:

- ✓ **Step 1: Families answer a questionnaire about their child and family:** Questions include positive observations about the child, child health and developmental surveillance, the child and family environment, and identification of special health care needs.
- ✓ **Step 2: Families pick their priorities:** Families can choose what they'd like the visit to address from age-specific topics and embedded educational materials. General topics include family functioning, nutrition and feeding issues, establishing routines, behavior and development, language development, TV and media use, guidance and discipline, sleep, domestic violence, oral health, and safety concerns.
- ✓ **Step 3: A Visit Guide is produced:** Families receive Visit Guide dynamically generated from steps 1 and 2. This includes a summary of family-identified priority topics the family would like to discuss with you.

"You find out more about [the child's] home than you otherwise would ... sometimes there would be something to talk about and I wouldn't have known that if it wasn't a Well-Visit Planner visit." - Provider

How was the Well-Visit Planner developed?

- The WVP was developed and tested by the Child and Adolescent Health Measurement Initiative (CAHMI) (www.cahmi.org).
- National experts, families and pediatric providers all collaborated in the design, development, and testing of the WVP to ensure feasibility, and to optimize impact on the quality and efficiency of the well-child visit for parents, children, and providers alike, ensuring that its questions were anchored to Bright Futures' guidelines.

What are people saying about the WVP?

- Testing has documented improvements to provider office workflow, patient engagement and experience, and quality of care.
- A survey of 2,000 parents found that 92% would recommend the use of the WVP to other parents, 92% were comfortable with the time it took to complete, and 92% thought the WVP increased the value of their visit.

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Sample Articles: MS Word documents you can adapt and use in your newsletters or on websites:

- The Well Visit Planner
- Why are Well-Child Visits Important
- The Child with Special Health Care Needs and Well-Child Visits

Sample Facebook Posts:

- The Well Visit Planner
- The Well Child Visit



7 Sample Twitter Messages



**WHAT IS THE WELL-VISIT
PLANNER?**

...and how does it help my family?



Well-Visit Planner™
a project of The Child & Adolescent Health
Measurement Initiative



CAHMI
The Child & Adolescent Health
Measurement Initiative



YouTube



The Well Visit Planner, Part I

Making the most of your child's
health care checkups



0:00 / 4:39

The Well Visit Planner, Part I: Making the most of your
child's health care checkups



Web buttons



www.WellChildVisit.org

Did you discuss the topics you wanted to at your child's well visit checkup? Plan your next one using the Well Visit Planner!



American Academy of Pediatrics recommends 13 well child visits the first three years of life. Help plan the topics you want to discuss with the Well Visit Planner!

www.WellVisitPlanner.org



A well child health care checkup is a great time to talk about breastfeeding!

www.WellVisitPlanner.org



Your child,
your well-visit.

Engage

Educate

Improve

WellVisitPlanner.org



Engage

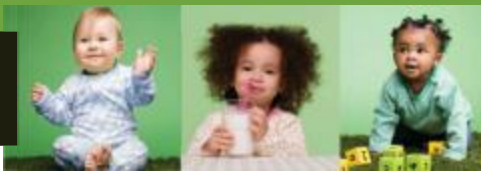
Educate

Improve

QUESTIONS?

(www.wellvisitplanner.com)

Feel free to email the CAHMI at info@cahmi.org



Thank You!

- **Getting materials**: Slides, video and other informational materials are posted at
- www.cahmi.org/wellvisitplanner
- www.fv-impact.org/publications/well-visit-planner-media-toolkit

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Public/Parent Website:

www.wellvisitplanner.org

CAHMI Website: www.cahmi.org

Family Voices: www.familyvoices.org