

# Anticipatory Guidance for Parents

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“I have answers to the kind of questions no one likes to ask.”

# Definition

- Information given by the paediatrician to parents/caregivers and adolescents to help them understand what to expect at certain stages of development.
- This information includes the advantages of healthy living and practices that promote disease prevention and reduce risk of injury.

# Well Teen check ups

- Topics should be modeled around the patient based on the queries and concerns of their parents or the adolescent.
- It is important to establish a confidential, non-judgemental and safe environment for the parent and the adolescent.

# Well Teen Checkups

- Each teen visit should be taken as a chance to combine preventative care and anticipatory guidance
- This is with the aim of empowering adolescents to increase in knowledge, participate in their own health care and gain some independence.
- It is also an opportunity to increase the parents level of knowledge and help them communicate, advocate and actively participate in adolescent health care.

# Delivery of Information

- Concrete suggestions
- Standardized instructions-easy to read
- Culturally sensitive video tapes
- Info packets together with a one on one conversation about the packet.
- Demonstrate /role play
- Consider group sessions for adolescents and parents to discuss certain topics

# Example : Tobacco

- **Ask :**

Does anyone who lives with your and your family smoke? Who is it?

- **Assist:**

Get 'buy in' and advise the parent to quit

Offer evidence based therapies

Advocate/Push for smoke free homes and cars

- **Refer** smokers to reliable resources



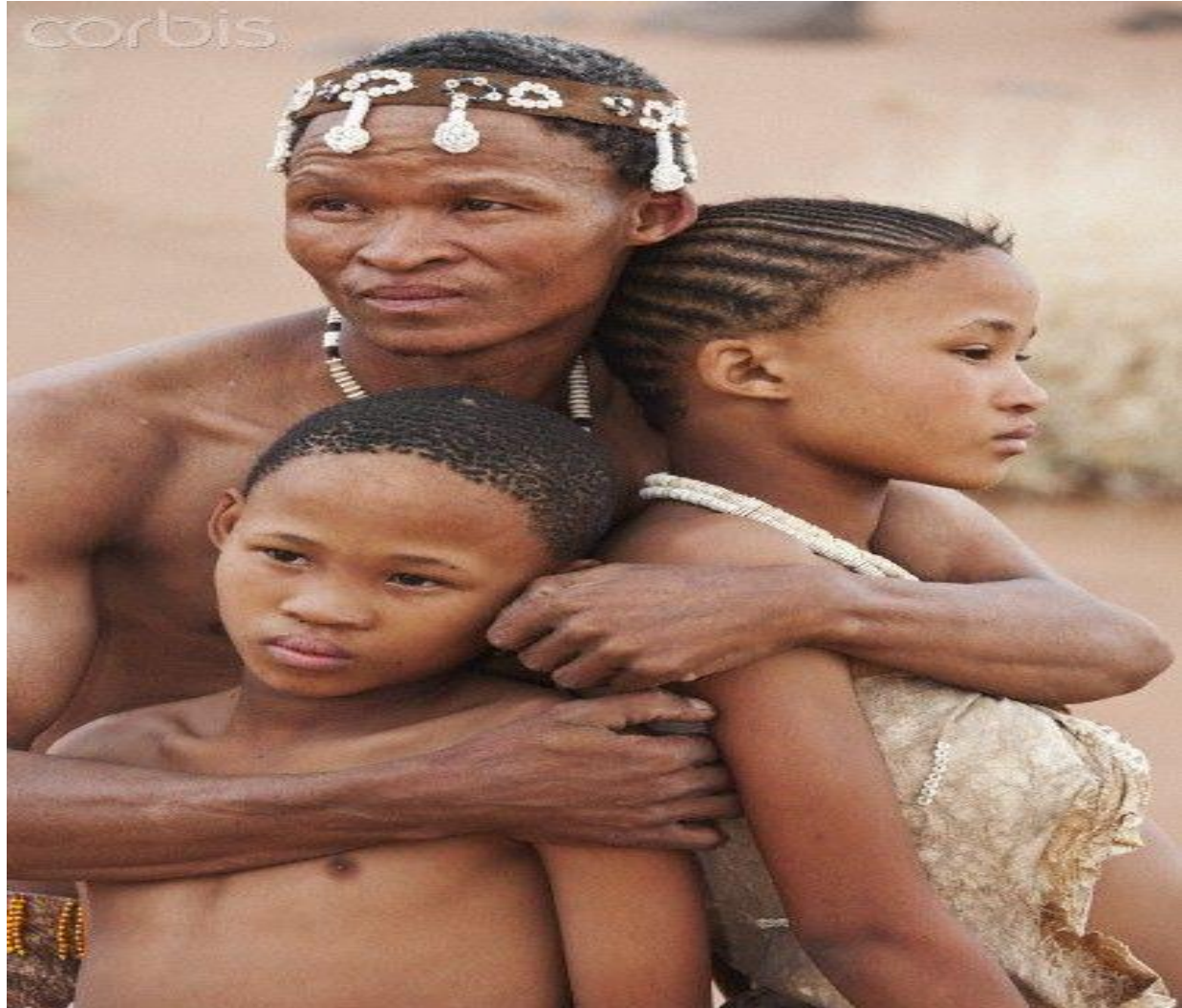
# Examples of anticipatory guidance

- Bloom
- Nia Teen
- Shujaa magazine





# Questions



# References

- Anticipatory guidance 13-21 years . Child and Teen checkups fact sheet for the primary care provider.  
<http://www.health.state.mn.us/divs/cfh/program/ctc/content/document/pdf/antguide13to21.pdf>
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