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


- Bloom: A Practical guide for your period journey, Esther Mbugua Kimemia

- Nia Teen magazine

- Shujaa magazine