



Bright Futures™

prevention and health promotion for infants,
children, adolescents, and their families™

The Bright Futures Guidelines,
Third Edition
Health Promotion Information Sheet

PROMOTING SAFETY AND INJURY PREVENTION

The Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, Third Edition features 10 health promotion themes. These state-of-the-art discussions focus on topics of key importance to families and health care professionals in their common mission to promote the health and well-being of children from birth through adolescence. These 10 themes are also woven into the 31 health supervision visits.



What you'll find in the "Promoting Safety and Injury Prevention" chapter

Overview: Setting the stage

Ensuring that a child remains safe from harm or injury during the long journey from infancy through adolescence requires the constant participation of parents and the many other adults who care for and help to raise children, and of course, of the children themselves. Health care professionals have long recognized the importance of safety and injury prevention counseling as a tool to help educate and motivate parents in keeping their children safe. Many professional societies have bolstered these efforts by recommending guidance to prevent injuries.

In-depth: Exploring the topic

The introductory section of this chapter discusses child development and safety, families and culture in safety and injury prevention, safety for children and youth with special health care needs, safety and injury prevention counseling in the Bright Futures visit, and the health care professional as a community advocate for safety.

The chapter also looks at safety and injury prevention issues unique to each developmental stage, along with evidence on the effectiveness of relevant health promotion interventions.

The Prenatal Period

- Car safety seats

Infancy: Birth to 11 Months

- General safety concerns
- Sudden Infant Death Syndrome

Early Childhood: 1 to 4 Years

- General safety concerns

Middle Childhood: 5 to 10 Years

- School and community safety
- Bullying
- Play, sports, and physical activity

Adolescence: 11 to 21 Years

- Driving
- Sports
- Violence
- Gangs



How the theme of “Promoting Safety and Injury Prevention” fits into Bright Futures visits

Each Bright Futures health supervision visit is structured around *five priority topics* that help focus the health care professional’s guidance to parents and children. Some priorities are unique to a particular visit; others are featured often and their components evolve in concert with the child’s development.

These examples of priorities, taken from selected visits, show how Bright Futures helps health care professionals talk to families about safety and injury prevention during each developmental stage:

Infancy: Within First Week Visit

Safety issues, such as car safety seats, tobacco smoke, and preventing scalds from hot liquids (such as by adjusting the home water heater temperature)

Early Childhood: 3 Year Visit

Safety issues, including car safety seats, pedestrian safety, falls from windows, and guns

Middle Childhood: 9 and 10 Year Visits

Safety issues, including safety belt and helmet use, bicycle safety, guns, swimming, sunscreen, tobacco/alcohol/drugs, knowing child’s friends and their families, and supervision of child with friends

Early Adolescence: 11 to 14 Year Visits

Violence and injury prevention, including safety belt and helmet use, substance abuse and riding in a vehicle, guns, interpersonal violence and fights, and bullying

Additional Resources on Promoting Safety and Injury Prevention

- American Academy of Pediatrics aap.org
- HealthyChildren.org, American Academy of Pediatrics healthychildren.org
- Maternal and Child Health Bureau, Health Resources and Services Administration mchb.hrsa.gov
- Family Voices IMPACT on Health & Wellness for Families fv.impact.org
- American Academy of Pediatrics, *Connected Kids* Clinical Guide (AAP safety curriculum) aap.org/ConnectedKids/ClinicalGuide.pdf
- Centers for Disease Control and Prevention, Protect the Ones You Love cdc.gov/safechild
- Safe Kids Worldwide safekids.org/coalitions
- American Association of Poison Control Centers aapcc.org

Bright Futures is a national health care promotion and disease prevention initiative that uses a developmentally-based approach to address children’s health needs in the context of family and community.

Bright Futures Health Promotion Themes

Family Support

Child Development

Mental Health

Healthy Weight

Healthy Nutrition

Physical Activity

Oral Health

Safety and Injury Prevention

Community Relationships and Resources

Healthy Sexual Development and Sexuality

*To learn more about Bright Futures,
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