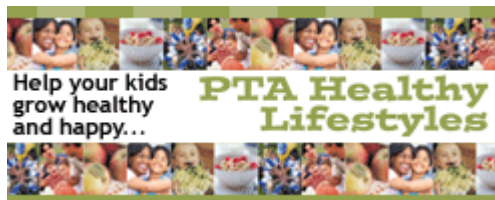


Fall Offerings

Here we highlight two initiatives that address the health of children and will be of value long after the leaves have fallen.



PTA Healthy Lifestyles: Promoting Healthy Lifestyles in Your Family

Parents want to be certain they're doing the right things to ensure that their children grow into healthy, happy adults.

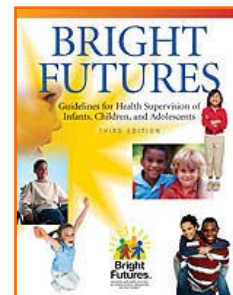
For the month of November the PTA is focusing on Healthy Lifestyles. They've put together two sets of materials. One is intended for local PTAs and community leaders and contains ideas for specific activities in schools and communities. The other is a guide for families, with information and ideas on nutrition, physical activity, grocery shopping, immunizations, and school wellness policies. Both of these excellent resources are available on-line at www.pta.org/healthylifestyles/.

American Academy of Pediatrics - New Bright Futures Guidelines Emphasize Partnership Between Health Professionals and Families



The 3rd edition of Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents has just been released. This edition replaces previous editions and provides comprehensive guidelines and anticipatory guidance. Like the previous editions, this update is grounded in the philosophy that effective health promotion and disease prevention requires the coordinated effort of health professionals and families.

From health nutrition to behavioral concerns, children benefit most when their parents and health professionals work together. Professionals know about child health care and development; parents have the day-to-day experience that makes them experts on their children. The new edition contains priorities for each of the 31 recommended health visits. There are ten themes addressed throughout: family support, child development, mental health, healthy weight, healthy nutrition, physical activity, oral health, healthy sexuality, safety and injury prevention, and community relationships and resources. This edition includes children with special needs throughout and substantive attention is given to cultural competence.



For more information, visit the American Academy of Pediatrics website: <http://brightfutures.aap.org/>. Coming in the near future is a pocket guide for professionals, tip sheets for families, and a Bright Futures Tool Kit.

We salute the AAP for all the work that went into this - and to all the professionals and families who contributed their expertise - to ensure a Bright Future for our nation's children!

Note: During this next year Family Voices will be updating the Bright Futures Family Pocket Guide so that it will mesh with this new material.

To subscribe to this publication, send an email to
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Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With an Improving Understanding of MCH grant, Family Voices works to encourage partnerships between families and professionals for children's good health. **Bright Futures: Family Matters** is a publication to share with your networks. Check out our Family Voices web sites at www.brightfuturesforfamilies.org and www.familyvoices.org.