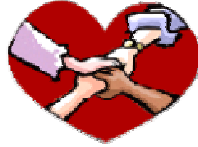




Formerly PICture This

## Bright Futures: Family Matters

### Build a Bright Futures Team for Your Children's Good Health



**Why a team? Raising children is important, rewarding, hard work. Parents need partners - a team! (Your team might meet or could be a "virtual team.")**

1. Commit yourself to work for excellent outcomes for your children.
2. Develop good working relationships with everybody who is key in your children's lives.
3. Enlist them! Tell them how important they are to your children's health and well-being. Let them know what you hope and need.
4. Respect the knowledge, skills, experience, and qualities each of these partners brings.
5. Build trust over time; it's fundamental to relationships that matter.
6. Talk openly, respectfully, and constructively. Consider what parts of your life/ your children's lives you want to keep private.
7. Ensure that your goals and values are known. Your background, culture, and interests are important.
8. When things are going well - cheer! Let others on your team know the good news.
9. Do your best to work out differences and problems. Expect some ups and downs in life and in relationships. Get help if needed to settle issues.
10. Be there as a partner for others - for all children! Others may need you on their team.

Adapted from: Bishop et al (1993). Family/ Professional Collaboration for Children with Special Health Care Needs and their Families. The Family/ Professional Collaboration Project



### Your Team...

Partnerships can be formal or informal, short term or lifelong. Partnerships grow and change, as your needs, interests, and circumstances do.

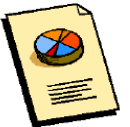
What can your team do? Different team members do very different things. . . Some are key players with special skills, some cheer, some coach, some pinch hit. Some are there every day, others just from time to time. Some partners change over time. Your job is to build your team in a way that makes sense for you and your family.

### Who are possible players are on your team?

- ♥ Family and friends - people who care about you and your children!
- ♥ Doctors, nurses, dentists and other health care workers - through your health plan, your Head Start program or school, at your job
- ♥ Teachers and childcare workers
- ♥ Organizations you're part of that offer partnering information and support
- ♥ Neighbors and others in your community
- ♥ People you feel good talking with about your children
- ♥ Don't forget. . . children themselves!

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 a Partners in Information and Communication (PIC) Cooperative Agreement from the MCH Bureau - DHHS, Family Voices works to encourage partnerships between families and professionals for children's good health. *Bright Futures: Family Matters* is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities in the maternal and child health community. We hope to encourage flourishing partnerships!

Check out our Family Voices web sites at:  
[www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org) and [www.familyvoices.org](http://www.familyvoices.org)



**Partners... Women's and Children's Health Policy Center. Johns Hopkins Bloomberg School of Public Health (WCHPC)**

is a university- based research center that develops methods and tools for health system assessment and analysis, and publishes policy research and technical resource materials to support maternal and child health practice and policy activities. The WCHPC web site, [www.jhsph.edu/wchpc](http://www.jhsph.edu/wchpc), provides information on current center projects, as well as access to view or download recent and past publications. For more information contact:

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**Family Resource Corner**

✿ A new resource for Spanish speaking families provides information about special education and includes web site links to many Spanish resources. Go to: <http://paidos.rediris.es/needirectorio/>

✿ The American Library Association has a web site that provides links on many topics for the whole family. See "science," "biology" with links to health and wellness games and child- friendly information. Go to: <http://www.ala.org/greatsites>

✿ The United States Department of Health & Human Services (HHS) lists several helpful and informative web site links for children, families and adolescents on their web site. Go to: [www.hhs.gov/children/index.shtml](http://www.hhs.gov/children/index.shtml).

**What's new in research?**

The Johns Hopkins Bloomberg School of Public Health recently released findings from its evaluation of the Healthy Steps for Young Children Program. The program began in 1995 as a new approach to primary health care for children birth to three. It is intended to enhance early pediatric care by incorporating preventive developmental and behavioral services as part of a comprehensive, whole-child, whole-family model of health care. It also aims to provide mothers and fathers with child-rearing information and guidance. The evaluation found that placing developmental specialists in pediatric practices was associated with improved quality of care, enhanced communication between pediatricians and parents, and children's increased receipt of appropriate preventive services. For more information see:

Minkovitz CS, et al. A Practice- Based Intervention to Enhance Quality of Care in the First 3 Years of Life. *Journal of the American Medical Association*, December 17 2003. 290 (23): 3081-91.

**Tidbits for the Month**



✿ **February is National Children's Dental Health Month (NCDHM)!!!**

The American Dental Association conducts an annual national Children's Dental Health Month to help promote the importance of Children's dental health and regular dental health screenings. For information on how to obtain resources, educational planning kits, handouts and much more go to: <http://www.ada.org/prof/events/featured/ncdhm.asp>



**Highlights for the next  
Bright Futures: Family Matters  
Mental Health**

**Share your news with others!**

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email Lindsey Pope at [lpope@fcsn.org](mailto:lpope@fcsn.org) or fax at (617) 572-2094 with your tidbits. To subscribe to the newsletter, email or call Lindsey at (617) 236-7210 •

Editor: Lindsey Pope