



HOPEful Well-Child Visits

Overview

The Healthy Outcomes from Positive Experiences (HOPE) National Resource Center curated this packet for providers to use in tandem with the Bright Futures Guidelines, to ensure HOPEful Well Child Visits (WCV). HOPEful visits are when providers lead with a strength-based lens and promote access to the four Building Blocks of HOPE.

**These are suggested questions to engage parents and patients in the Bright Futures themes by including ways to identify, honor and promote PCEs. Use these as suggestions to add to your own practice, choosing and adapting queries to your community and each patient.*



General Appointment Considerations

- Start by asking caregivers about something that is going well at home, or recent exciting moments & take the time to celebrate those wins with the family.
- Create a space for families to feel comfortable openly sharing & remind them there is no obligation to respond, its whatever they feel comfortable sharing.
- Transition the conversation, to ask about any concerns they may have & ensure you address them in the appointment.
- Emphasize the power PCEs have to offset health outcomes.
- Review the PCEs that you see & celebrate with the family.
- Ask if they would like to brainstorm ways to promote PCEs
- Thank the families for their time and attention
 - Acknowledge all they arranged in order to attend the appointment
- Prepare the parents for the routine of future visits
 - Give them insight on what to expect at their next visit
- Document conversations in EMR
 - These topics should be explored in intake & followed up on for subsequent visits



HOPEful Well-Child Visits

Prenatal visit

Relationships:

- Who do you talk to when you're excited or worried about becoming a parent?
- What traditions or values do you want to pass down to your baby?
- Who supported you when you were growing up, and how does that influence how you hope to parent?

Environments:

- What routines or spaces help you feel calm or grounded?
- How do you imagine setting up your home to welcome your baby?
- Are you interested in resources that provide supplies you'll need for your baby?
- What plans do you have regarding parental leave?

Engagement:

- What things do you enjoy that you hope to share with your child?
- Describe what you are looking forward to about becoming a parent.
- Are there any groups you've enjoyed while preparing for parenthood?

Emotional Growth:

- How are you taking care of your own emotional well-being now?
- Who helps you feel emotionally supported when things get tough?
- Are there ways you express love to your baby already?



HOPEful Well-Child Visits

Newborn visit

Relationships:

- What are some moments you've enjoyed with your baby so far?
- What do you notice when your baby looks at you?
- Who do you have to help you with your baby?
- Who has been helping you adjust to life with your baby?

Environments:

- What part of your home feels the most comfortable for you and your baby?
- How have you created a safe and calming space for you and your baby?
- Would you like information about safe sleep?
- Would you like information on how to access affordable food, transportation, and housing?
- Who can you call in the case of an emergency?

Engagement:

- What is something you enjoy doing with your baby?
- What are your baby's unique traits/routines that you are beginning to notice?
- Are there any groups for new parents you have considered joining?

Emotional Growth:

- What helps you recharge emotionally?
- What have you learned about yourself through becoming a parent?
- What support would enable you to prioritize your own emotional well-being?



HOPEful Well-Child Visits

2nd Week visit

Relationships:

- What moments of connection have felt special this week?
- Who else has met or bonded with your baby?
- How are you and your baby getting to know each other already?
- Do you have someone to call in case of depression or anxiety symptoms during postpartum?

Environments:

- Where do you find yourself usually feeding, changing, and resting with your baby?
- What type of supports have been helpful as you and your baby settle in at home?
- Are there any challenges at home you'd like to discuss further?

Engagement:

- What do you enjoy doing during quiet moments with your baby?
- What has surprised you about your baby so far?
- What gives you a sense of accomplishment right now?

Emotional Growth:

- How are you feeling emotionally in this past week?
- Who checks in with you about how you are doing?
- What emotions come up most often during feedings or at night?



HOPEful Well-Child Visits

1 month visit

Relationships:

- How does your baby respond to you talking, singing, or holding them?
- What bonding moments have stood out this month?
- Who is involved in caring for you and your baby day-to-day?

Environments:

- How are you managing sleep and rest at this time in your life?
- Are there any parts to your routine that feel overwhelming?
- Where does your baby seem the most calm? Or the most alert?
- Who will care for your baby if/when you return to work?
 - Normalize working parents. Many feel guilty for going back to work. Their place of work may offer resources to support childcare.

Engagement:

- Are there ways that you communicate with your baby already?
- What topics have you explored about parenting so far?
- What do you enjoy doing during awake time with your baby?

Emotional Growth:

- What helps you stay grounded when parenting feels especially tough?
- How do you know your baby is soothed and/or comforted?
- How are you feeling this month? What has been best? What has been tough?



HOPEful Well-Child Visits

2 month visit

Relationships:

- How does your baby respond to your voice, touch, or seeing your face?
- What helps you feel confident as a parent?
- Who else shares bonding moments with your baby?

Environments:

- Walk me through a typical day with your baby...
- Is your home supporting your own rest and recovery?
- Would you like to discuss different routines you could implement to help make your days smoother?
- Who will care for your baby if/when you return to work?
 - Normalize working parents. Many feel guilty for going back to work. Their place of work may offer resources to support childcare.

Engagement:

- What do you enjoy sharing with your baby? Songs, stories, walks?
- Are you interested in learning about local parenting groups to stay connected with other new parents?
- What is something exciting you noticed your baby doing?

Emotional Growth:

- What helps you stay grounded during tough times?
- What signs are you noticing that shows your baby's recognizing you?
- How do you show love to your baby?



HOPEful Well-Child Visits

4 month visit

Relationships:

- What moments make your baby smile and/or giggle?
- What moments make you smile and/or giggle?
- What helps you feel connected to your baby during routines, like feeding?

Environments:

- Are there new things that you notice interest your baby?
- Where do you feel the most comfortable spending time with your baby?
- Are there any resources in your community you'd like to explore?
- How does it feel to be back at work?

Engagement:

- What sounds or games make your baby light up?
- What are your baby's favorite things to look at or listen to?
- What new things are you enjoying as a parent?

Emotional Growth:

- What emotions do you find the easiest to manage in parenting? Which emotions are tough to manage?
- What do you do when your baby needs soothing but nothing seems to work?
- How do you model calm or patience for your baby?



HOPEful Well-Child Visits

6 month visit

Relationships:

- What helps you feel in sync with your baby?
- How does your baby show they trust you?
- What do you enjoy most about your relationship with your baby right now?

Environments:

- Have you visited any new spaces lately? Community libraries or parks?
- What aspects of your routine feel joyful? What feels stressful?
- How do you manage noise in your home?

Engagement:

- What new things has your baby tried lately?
- What ways do you encourage your baby's exploration?
- How do you respond to your baby's sounds and facial expressions?

Emotional Growth:

- What strategies are you using to build emotional routines?
- How do you support your baby when they are overstimulated?
- What helps your baby manage new and unfamiliar experiences?



HOPEful Well-Child Visits

9 month visit

Relationships:

- How does your baby show affection or interest in other people or things?
- Who helps you feel confident in your parenting abilities?
- What does bonding with your baby look like day to day?

Environments:

- How do you create a calming routine for naps and/or bedtime?
- What sounds and/or sights have you noticed your baby seems interested in?
- Would you feel comfortable describing the places you visit with your baby (library, park, playgroup, etc)?

Engagement:

- What are you proud of your baby for?
- Which books and/or songs do you and your baby enjoy together?
- What does your baby love to do or play with?

Emotional Growth:

- How do you help your baby feel secure?
- What helps your baby calm down when they are overstimulated?
- What signs show you that your baby is understanding feelings?



HOPEful Well-Child Visits

12 month visit

Relationships:

- What routines do you enjoy most with your child?
- Who supports your parenting journey in meaningful ways?
- How does your child show affection to you? How about to other people?

Environments:

- What helps to create calm moments in your day?
- Are there resources/program in your community you'd like information on?
- How do you support your child's routine at home?

Engagement:

- What does your child get super excited about?
- How do you respond when your child shows interest in something?
- What songs, books, or routines are becoming your favorite with your baby?

Emotional Growth:

- What is something your child is learning right now?
- How do you help your child when they have big feelings?
- What helps your child feel calm again after being upset?



HOPEful Well-Child Visits

15 month visit

Relationships:

- Who is your child bonding with at this point in time?
- How does your child interact with siblings, pets, friends?
- What does your child do to seek your attention or comfort?
- Has your child started having tantrums?

Environments:

- What routines are helpful in guiding your day?
- How do you manage changes in meal times, nap times, and errands?
- How is your child responding to their current sleep environment?

Engagement:

- What activities seem to capture your child's attention the most?
- What surprises you about your child's play?
- How do you join your child in their new discoveries of the world?

Emotional Growth:

- What helps you stay calm when your child has big feelings?
- What ways is your child learning patience or waiting?
- What do you do when your child has a meltdown?



HOPEful Well-Child Visits

18 month visit

Relationships:

- What routines help you stay connected to your household?
- Who does your child enjoy spending time with?
- How have you noticed your child seek attention and/or comfort?

Environments:

- How do you encourage independence for your child?
- What sensory experiences does your child like (water, music, texture, etc)?
- Which spaces is your child able to freely play in?

Engagement:

- What makes your child laugh or show joy?
- How do you encourage your child to try new things?
- What are your child's favorite books, songs, and/or activities?

Emotional Growth:

- How can you help your child understand and name feelings?
- How do you show your child love and patience when they are upset?
- How do you model emotional expressions with you child?



HOPEful Well-Child Visits

2 year visit

Relationships:

- Who is part of your child's circle of play? Or regular care?
- What makes you feel especially close to your child?
- How do you and your child enjoy time together?
- What words have your child said?
- Has your child made you laugh with their speaking?

Environments:

- What changes have you made to support your child's independence?
- What routines does your child know to expect day-to-day?
- What environment helps your child take a break and calm down?

Engagement:

- How do you encourage creativity or pretend play?
- What opportunities do you create for your child to try new things?
- What is your favorite way to spend time with your child?

Emotional Growth:

- How does your child express their different feelings?
- Which calming techniques work well for your child?
- How do you talk about emotions with your child?



HOPEful Well-Child Visits

2 ½ year visit

Relationships:

- How does your child express love?
- Who outside of your home does your child feel connected to?
- What routines help your family feel close?

Environments:

- What places do you love going to with your child?
- Where do you feel comfortable having your child play?
- Do you feel you have what you need at home for your child to play safely (car seats, corner cushions, etc).

Engagement:

- When does your child feel proud?
- How do you support learning through play?
- How do you join in on your child's playtime?

Emotional Growth:

- What are your go-to responses when emotions are high?
- What do you say or do to help your child label how they feel?
- What have you noticed about how quickly your child moves through frustration, anger or sadness.



HOPEful Well-Child Visits

3 year visit

Relationships:

- Who does your child enjoy spending time with?
- Who are your child's friends?
- How do you and your child show care for one another?
- What family traditions do you want to introduce to your child?

Environments:

- What is your child's go-to spot to play? What about when they want to relax?
- Are there local spaces your child enjoys (library story times, community play groups, playground)?
- How are you creating an environment that supports your needs as well as your child's?

Engagement:

- Which play pretend themes does your child enjoy?
- How do you encourage problem-solving and trying new things?
- How are you engaging with your own personal circle of people?

Emotional Growth:

- What helps your child express and understand emotions?
- How do you help your child manage strong feelings?
- Have you considered building emotional routines with your child (naming feelings, taking deep breaths)?



HOPEful Well-Child Visits

4 year visit

Relationships:

- Who does your child go to when they need comfort?
- How does your child show affection?
- How do you connect with your child?
- Can you tell me about your child's relationships at school, preschool or childcare?

Environments:

- How do you include your child in daily routines?
- Are there places you and your child regularly enjoy?
- Are there spaces for your child to play and be creative?

Engagement:

- What is something your child has been proud of recently?
- How do you encourage your child to solve problems?
- What shows, books, or games does your child enjoy?

Emotional Growth:

- How do you support your child when they feel overwhelmed, frustrated, or disappointed?
- What strategies do you use to talk about feelings with your child?
- How does your child show that they care for others?



HOPEful Well-Child Visits

5 and 6 year visits

Relationships:

- What do you do as a family to feel connected?
- What adults in your child's life give them praise and encouragement?
- What's your child's favorite way to spend time with you?
- How do you connect with your child?
- Can you tell me about your child's relationships at school?

Environments:

- Where does your child appear to feel confident and independent?
- Can you walk me through your child's morning or bedtime routine?
- What do you do to help your child feel creative?

Engagement:

- What excites your child?
- Is there anything you want to try with your child (playgroup, new playground, new foods)?
- What is your child's favorite game to play?

Emotional Growth:

- How does your child talk about their feelings?
- Who does your child talk to when they feel worried?
- What helps you feel calm during this parenting journey?



HOPEful Well-Child Visits

7 and 8 year visits

Relationships:

- Who is your closest friend?
- How do you spend time with your family?
- Who do you feel supports you?
- Can you tell me about your friendships at school?

Environments:

- Can you describe a quiet place that helps you relax?
- What responsibilities do you have at home?
- Where do you like to spend your day?

Engagement:

- Which subject is your favorite in school, and why?
- How do you express your creativity (dance, sing, draw, build)?
- Is there anything you're excited to share with me today?

Emotional Growth:

- How do you calm down after being frustrated?
- What helps you feel better after a long day?
- How do you talk about your feelings?



HOPEful Well-Child Visits

9 and 10 year visits

Relationships:

- Tell me about a family routine you like...
- If you need advice, who would you go to?
- Can you tell me about some of your friends? Do you have a best friend?
- How do you [the caregiver] connect with your child?

Environments:

- Where do you feel safe and supported?
- What are your favorite places to visit nearby?
- Where do you relax?

Engagement:

- What interests or hobbies do you have?
- Which subject is exciting to learn about in school right now?
- When do you feel the most confident?

Emotional Growth:

- How do you talk about stress at home or school?
- What helps you if you feel anxious or worried?
- Who do you talk about your feelings with?



HOPEful Well-Child Visits

11 to 14 year visits

Relationships:

- Who do you go to for advice and/or support?
- Are there any adults outside of your family that you trust?
- What helps you feel connected to your friends?

Environments:

- Are there any helpful routines that you have at home (morning or bedtime)?
- Where do you feel safe and/or calm?
- Is there a place that you feel really energized?

Engagement:

- What do you do for fun?
- Is there anything you are proud of yourself for?
- How do you express yourself (music, dance, writing, sports, clothes)?

Emotional Growth:

- What helps you calm down after being worked up with big feelings?
- What makes you feel seen and heard by others?
- How do you manage challenges at school?
- Do any kids in your class have crushes? What is that like for you?



HOPEful Well-Child Visits

15 to 17 year visits

Relationships:

- Who do you trust?
- Besides your parents, are there any adults in your life that check in on you?
- What connections are most important to you?
- What helps you feel safe in your relationships?
- How do you help others feel safe in their relationships with you?

Environments:

- How do you contribute to the household when you are home?
- What types of things help you to focus when you have a task?
- Where do you go when you want to unwind?

Engagement:

- What are your passions and/or goals?
- What motivates you?
- Which type of strengths do you recognize in yourself?

Emotional Growth:

- What helps you feel confident?
- Tell me about how you express your care for others.
- What makes you feel heard and supported by people in your life?



HOPEful Well-Child Visits

18 to 21 year visits

Relationships:

- Who makes up your support system?
- Who can you turn to when you feel stressed?
- How do you maintain relationships that are meaningful to you?
- Do you have anyone your age who is special to you?

Environments:

- What routines help you feel grounded?
- What does a safe & comfortable living situation feel like to you?
- Where do you go when you want to rest?

Engagement:

- What type of activities fulfill you?
- What helps you stay motivated as you reach for your goals?
- How have you discovered your unique strengths?

Emotional Growth:

- What or who supports your mental health & emotional well-being?
- What helps you feel in control during challenging times?
- How are you learning to balance independence and asking for help?