

Bright Ideas for Washington State Bright Futures

Welcome to the Summer, 2003 edition of Bright Ideas!

This is a news update from the Washington State Bright Futures Project. Our goal is to keep you updated and informed about "bright ideas" for using Bright Futures materials in your programs.

Bright News:

New Washington Bright Futures List Serv!

BRIGHTFUTURES-WA is a new email list intended to support active information sharing among advocates for children's health and well-being who are using Bright Futures materials, or are interested in learning more about them. Awareness and use of Bright Futures has grown tremendously in Washington State. Methods and systems for using the materials in health promotion activities vary a great deal from community to community. This list will encourage dialogue on ways in which Bright Futures is being used and how the concepts and materials help to meet community health needs and health standards. Many thanks to Laura Larsson for helping to get the list up and running!

You are invited to join us in learning and sharing to improve health education in our communities! To subscribe, please go to: <http://mailman.u.washington.edu/mailman/listinfo/BRIGHTFUTURES-WA>
The only required information is your email address.

TO:

- o Learn more about the Washington State Bright Futures Project
- o Obtain technical assistance or training in the use of Bright Futures materials
- o Submit your ideas for this newsletter

Contact:

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Bright Ideas From Our Community Providers:

Whatcom County Bright Futures Project Evaluation

Excerpted from the Whatcom County Bright Futures Pilot Project Program Evaluation Report, March 2003, by Kristine Slentz, PhD

The Whatcom County Bright Futures project empowered parents to be engaged in their young child's health care by giving them tools, both to establish an active partnership with their health care provider and to organize important health information. This project contributed to developing successful approaches for community-based Health Promoters to interact with parents. As a result of working with Health Promoters and by using Bright Futures materials to organize important information about their child's health, parents reported becoming more confident in interacting with physicians during well-child visits.

*We welcome
your
contributions
to our e-
newsletter! If
you have
ideas to
share, please
contact us.

Bright Futures in Practice and Education

Kathy Piggott, RN, MS, Coordinator, South East County Asthma Management Project (SECAMP)

Nursing students at the University of Washington Tacoma are benefiting from the Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents. Instructor Kathy Piggott supervises students earning their Bachelor of Science in Nursing degree. "Students working with children and families in the course may have limited prior clinical experience in pediatrics. The Bright Futures materials provide them with the information about child development and health concerns that they need in their assessment and nursing care of pediatric clients. Nursing students find the materials comprehensive and clear. The anticipatory guidance checklists and questions, in particular, are a great help for students planning client education."

Bright Futures in Washington State Medical Schools

This Spring, two Bright Futures books: Bright Futures: Guidelines for Health Supervision and Bright Futures in Practice: Mental Health Practice Guide and Toolkit, were provided to each of the UW and Madigan Pediatric Residents. In the Madigan Hospital Pediatric Resident program, the Mental Health Guide and Toolkit are being used to develop "self-directed" learning modules for the developmental and continuity curricula. In addition to using the case presentation in published Bright Futures materials, residents also work through web-based case presentations (Bright Futures Pedicases: www.pedicases.org) to learn relevant information in developmental and Behavioral Pediatrics.

A Note of Thanks!

We would like to extend special thanks to two Bright Futures advocates, Penny Andress, RN, BSN, and Teresa Burke, MSW.

Penny recently left her position as Child Care Health Promotion Program Coordinator for the Kittitas County Health Department. She was an early advocate for use of Bright Futures materials with families and in childcare settings. Penny used the materials to develop training programs, and shared her experiences on a number of occasions as part of our Bright Futures presentations and workshops.

Teresa, moving on from her position at Early Head Start in Fife, developed and conducted parent groups using the Bright Futures in Practice: Mental Health Guide and Toolkit. Teresa also participated generously in Bright Futures workshops. Her stories of the mother's groups have inspired many.

Thank you, Penny and Teresa! Your contributions have been invaluable!

To Order Bright Futures:

- ◆ American Academy of Pediatrics
www.aap.org/bright-futures
Toll-free
888.227.1770
- ◆ Bright Futures Distribution Center
www.brightfutures.org
301.279.8890
- ◆ Sample family materials available through the Washington Department of Health warehouse
<http://www.doh.wa.gov/here/Materials/hedcatalog.html>