

## Brief Action Planning

Brief Action Planning (BAP) is a systematic approach to patient-centered goal setting. It uses Motivational Interviewing (MI) techniques to partner with patients and guide a conversation toward a patient-centered goal. BAP is structured around 3 core questions:

1. *Is there anything you would like to do for your child's health in the next week or two?* – elicit ideas for change
2. *How sure are you about completing your plan?* – evaluate confidence
3. *Would it be useful to set up a check-in to see how it is going with your plan?* - arrange follow-up or accountability

Not all patients can successfully follow through with a plan on the first try. But with your partnership, support, and respect, patients learn that they can make changes that positively impact their children's health!

### Behavior Menu

Healthy Snacking	<b>Desired Change</b>	<b>Change Ideas</b>
	Choosing healthy snacks	<ul style="list-style-type: none"> <li>• Give options of healthful snacks and let the child choose</li> </ul>
	Reducing snacking	<ul style="list-style-type: none"> <li>• Schedule snack times</li> </ul>
Teeth Brushing	Eliminating sugary beverages	<ul style="list-style-type: none"> <li>• Reduce sugary beverages</li> <li>• Dilute sugary beverages with water</li> </ul>
	<b>Desired Change</b>	<b>Change Ideas</b>
	Brushing teeth with fluoride toothpaste	<ul style="list-style-type: none"> <li>• Make brushing fun</li> <li>• Offer non-food incentives</li> </ul>
	Brushing teeth once a day	<ul style="list-style-type: none"> <li>• Change evening routine</li> </ul>
	Brushing teeth twice a day	<ul style="list-style-type: none"> <li>• Changing morning and evening routines</li> </ul>
	Wiping teeth after bottle or breastfeeding	<ul style="list-style-type: none"> <li>• Incorporate into naptime and evening routine</li> </ul>
Bottle/Breastfeeding	Brushing teeth after bottle or breastfeeding	<ul style="list-style-type: none"> <li>• Incorporate into naptime and evening routine</li> </ul>
	<b>Desired Change</b>	<b>Change Ideas</b>
	Weaning from pacifier	<ul style="list-style-type: none"> <li>• Schedule an event that is fun and substitute a toy or experience</li> <li>• Gradually limit time with the pacifier</li> </ul>
	Weaning from bottle	<ul style="list-style-type: none"> <li>• Offer cup first</li> <li>• Praise using a cup instead of a bottle</li> </ul>
	Reducing the number of bottles or breastfeedings during the day	<ul style="list-style-type: none"> <li>• Gradually reduce feedings</li> </ul>
Eliminating nighttime feeding	<ul style="list-style-type: none"> <li>• Gradually reduce feedings</li> <li>• Wipe teeth after feeding</li> <li>• Brush teeth after feeding</li> <li>• Associate bedtime with a book instead of a bottle</li> </ul>	

