

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

