



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:

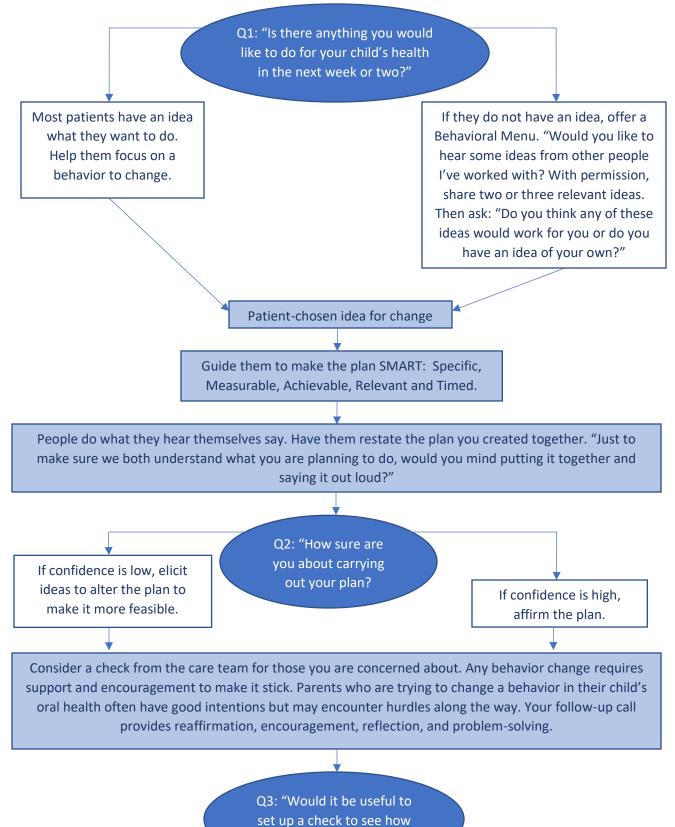
- 1. Is there anything you would like to do for your child's health in the next week or two? elicit ideas for change
- 2. How sure are you about completing your plan? evaluate confidence
- 3. Would it be useful to set up a check-in to see how it is going with your plan? arrange followup or accountability

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!

| | Desired Change | Change Ideas |
|----------------------|---|--|
| Healthy Snacking | Choosing healthy snacks | Give options of healthful snacks and let the child |
| | | choose |
| | Reducing snacking | Schedule snack times |
| | Eliminating sugary beverages | Reduce sugary beverages |
| | | Dilute sugary beverages with water |
| Teeth Brushing | Desired Change | Change Ideas |
| | Brushing teeth with fluoride toothpaste | Make brushing fun |
| | | Offer non-food incentives |
| | Brushing teeth once a day | Change evening routine |
| | Brushing teeth twice a day | Changing morning and evening routines |
| | Wiping teeth after bottle or | Incorporate into naptime and evening routine |
| | breastfeeding | |
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| | breastfeeding | |
| Bottle/Breastfeeding | Desired Change | Change Ideas |
| | Weaning from pacifier | Schedule an event that is fun and substitute a toy |
| | | or experience |
| | | Gradually limit time with the pacifier |
| | Weaning from bottle | Offer cup first |
| | | Praise using a cup instead of a bottle |
| | Reducing the number of bottles or | Gradually reduce feedings |
| | breastfeedings during the day | |
| | Eliminating nighttime feeding | Gradually reduce feedings |
| | | Wipe teeth after feeding |
| | | Brush teeth after feeding |
| ā | | Associate bedtime with a book instead of a bottle |

Behavior Menu





set up a check to see how it is going with your plan?"