

## Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance







### GUIDE I: 0-1 mo (National)

www.rourkebabyrecord.ca | See RBR parent web portal for corresponding parent resources

VAME:	Birth Day (d/m/yy):	/ /2	0 M _ F _	Pregnancy/Birth re	emarks/Apgar: Kisi	cractors/Family history:	
	cm		g				
Birth Head Circumference: cm Discharge Weight	t:g			-			
WITHIN 1 WEEK	2 WEEKS (OPTIO	NAL)		1 MONTH			
DATE OF VISIT / /20	DATE OF VISIT	/	/20	DATE OF VISIT	1	/20	
GROWTH <sup>1</sup> use WHO growth charts. Correct age until 24–36 mo		tation					
Length Weight Head Circ. (avg 35 cm)	Length	Weight (regains BW 1-3	Head Circ.	Length	Weight	Head Circ.	
PARENT / CAREGIVER CONCERNS							
NUTRITION¹ For each ○ item discussed, indicate "√" for no	concerns, or "X" if cor	ncerns					
O Breastfeeding (exclusive) <sup>1</sup>	O Breastfeeding (			O Breastfeedin			
O Vitamin D 400 IU/day¹ O Formula feeding/preparation¹	O Vitamin D 4 O Formula feeding				D 400 IU/day <sup>1</sup> ing/preparation <sup>1</sup>		
[150 mL(5 oz)/kg/day <sup>1</sup> ]  O Stool pattern and urine output	[150 mL(5 oz) /l				[450-750 mL(15-25 oz) /day <sup>1</sup> ] O Stool pattern and urine output		
EDUCATION AND ADVICE Repeat discussion of items is bas				1 Stool pattern			
Injury Prevention <sup>1</sup>	Behaviour and Fam			Environmental	Health <sup>1</sup>		
O Motorized vehicle safety/Car seat <sup>1</sup>	O Night waking <sup>2</sup> O Healthy sleep habits <sup>2</sup> O Soothability/Responsiveness O Parenting/Bonding <sup>2</sup> O Family conflict/Stress O Parental fatigue/Postpartum depression <sup>2</sup>			O 2nd hand sn	O 2nd hand smoke/E-cigs/Cannabis <sup>1</sup>		
<ul> <li>Safe sleep (position, room sharing, avoid bed sharing, crib safety)<sup>1</sup></li> </ul>				○ Sun exposure¹			
O Firearm safety¹ O Pacifier use¹				Other Issues <sup>1</sup> O Supervised t	Other Issues <sup>1</sup> O Supervised tummy time while awake <sup>1</sup> O No OTC cough/cold medicine <sup>1</sup> O Inquiry on complementary/alternative medicine <sup>1</sup>		
O Hot water <49°C/Bath safety <sup>1</sup>	O High risk infan	O Inquire re: difficulty making ends meet or food insecurity <sup>2</sup> O High risk infants/Assess home visit need <sup>2</sup>					
O Falls (stairs, change table) <sup>1</sup> O Carbon monoxide/Smoke detectors <sup>1</sup>	○ Siblings				mpiementary/aiterna control and overdress		
O Choking/Safe toys <sup>1</sup>				O Fever advice.	Thermometers <sup>1</sup>		
<b>DEVELOPMENT<sup>2</sup></b> (Inquiry and observation of milestones) Tasks are set <u>after</u> the time of typical milestone acquisition. <u>Abservation</u>	nce of any item sugges	sts consideration f	or further assessment of de	velopment. NB-Co	rrect for age if < 37 w	reeks gestation	
O Sucks well on nipple	○ Sucks well on nipple ○ No parent/caregiver concerns <sup>2</sup>			O Focuses gaze O Startles to los	<ul> <li>○ Focuses gaze</li> <li>○ Startles to loud noise</li> <li>○ Calms when comforted</li> <li>○ Sucks well on nipple</li> </ul>		
				O Calms when			
	an early property and a second property and				regiver concerns <sup>2</sup>		
PHYSICAL EXAMINATION <sup>2</sup> An appropriate age-specific phy	sical examination is re			reening for specific			
O Fontanelles² O Skin (jaundice², bruising²) O Eyes (red reflex)² O Ears/TMs−Hearing inquiry/screening²	O Fontanelles <sup>2</sup>	O Skin (jaur	ndice <sup>2</sup> , bruising <sup>2</sup> )	O Fontanelles <sup>2</sup>		undice <sup>2</sup> , bruising <sup>2</sup> )	
O Neck/Torticollis <sup>2</sup> O Intact palate (inspection/palpation) <sup>2</sup>	O Neck/Torticollis	D Eyes (red reflex) <sup>2</sup> O Ears/TMs-Hearing inquiry/screening <sup>2</sup> O Neck/Torticollis <sup>2</sup> O Intact palate (inspection/palpation) <sup>2</sup>			○ Eyes (red reflex) <sup>2</sup> ○ Hearing inquiry/screening <sup>2</sup> ○ Intact palate (inspection/palpation) <sup>2</sup>		
O Tongue mobility if breastfeeding problems <sup>2</sup> O Heart/Lungs O Abdomen/Umbilicus <sup>2</sup>	O Tongue mobility if breastfeeding problems <sup>2</sup> O Heart/Lungs O Abdomen/Umbilicus <sup>2</sup> O Femoral pulses O Hips (Barlow/Ortolani) <sup>2</sup>			O Tongue mobility if breastfeeding problems <sup>2</sup> O Neck/Torticollis <sup>2</sup> O Heart/Lungs/Abdomen			
O Femoral pulses O Hips (Barlow/Ortolani) <sup>2</sup>							
O Testicles/Genitalia O Male urinary stream/Foreskin care O Spine (dimple/sinus) <sup>2</sup> /Patency of anus <sup>2</sup>	O Testicles/Genita O Spine (dimple/si		nary stream/Foreskin care		O Hips (Barlow/Ortolani) <sup>2</sup> O Muscle tone <sup>2</sup>		
O Muscle tone <sup>2</sup>	O Muscle tone <sup>2</sup>						
PROBLEMS AND PLANS/CURRENT & NEW REFERRALS	4 E.g. medical special	list, dietitian, spee	ch, audiology, PT, OT, eyes,	dental, social deter	minants resources		
INVESTIGATIONS / SCREENING <sup>2</sup> AND IMMUNIZATION	<sup>3</sup> Discuss immunizat	tion benefits and	pain reduction strategies <sup>3</sup>	Record Vaccines or	n Guide V		
O Newborn screening as per province				O If HBsAg-po	ositive parent/sibling	g Hep B vaccine #2 <sup>3</sup>	
O Hemoglobinopathy screen (if at risk) <sup>2</sup> O Universal newborn hearing screening (UNHS) <sup>2</sup>	manaparajana paran						
O If HBsAg-positive parent/sibling Hep B vaccine #13 SIGNATURE							
x	l <sub>x</sub>			x			

Strength of recommendation is based on literature review using the classification: Good (bold type); Fair (italic type); Inconclusive evidence/Consensus (plain type). See literature review table at www.rourkebabyrecord.ca

1 Resources 1: Growth, Nutrition, Injury Prevention, Environment, Other

2 Resources 2: Family, Behaviour, Development, P/E, Investigations

3 Resources 3: Immunization

4 Resources 4: ECD Resources System and Table

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# Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance





## GUIDE II: 2-6 mos (National)

www.rourkebabyrecord.ca | See RBR parent web portal for corresponding parent resources

©2020 Drs. I. Rourke, D Leduc an	d J Rourke. Revised Jan. 22, 2020					Past problems/Risk factors:	Family history:
ΛΕ:		Birth Day (d/m/yy): _		20	M 🗌 F 🗌		
tational Age:	Birth Length:	cm	Birth Weigh	t·	а		
tational Age:	birtii Leilgtii		Direct treager		9		
Hand Classiferences	ann.						

NAME:			Birth Day (d/m/yy): _	// 2	0 M 🗌 F 🗌					
Gestational Age:	-	Birth Length:	cm	Birth Weight:	g					
Birth Head Circumfe	erence:	_ cm								
2 MONTHS			4 MONTHS			6 MONTHS				
					400		/ /2	0		
DATE OF VISIT _		/20	DATE OF VISIT _		_/20	DATE OF VISIT				
		Correct age until 24–36 mon	80.00 S C 60.00 B C		Was I Com	Tarak	Weight (x2 BW)	Head Circ.		
Length	Weight	Head Circ.	Length	Weight	Head Circ.	Length	Weight (x2 BW)	nead Circ.		
PARENT / CARE	GIVER CONCERNS	s '								
						***************************************				
						**************************************				
NUTRITION <sup>1</sup> F	or each O item disc	cussed, indicate "✓" for no	concerns, or "X" if co	oncerns						
O Breastfeeding			O Breastfeeding (					ids <sup>1</sup>		
O Vitamin D			O Vitamin D 4 O Formula feeding	/preparation1		O Breastfeeding¹ – introduction of solids¹ O Vitamin D 400 IU/day¹ Formula feeding/preparation¹ [750-1080 mL(25-36 oz) /day¹] I ron containing foods¹ (iron fortified infant cereals, meat, tofu, legumes, poultry, fish, whole eggs) Allergenic foods (especially eggs and peanut products)¹ Fruits, vegetables, and milk products (yogurt, cheese) to follow Avoid juice and food/beverages high in sugar or salt¹ O Choking/Safe food¹ O No honey¹ No bottles in bed  Environmental Health¹ 2 nd hand smoke/E-cigs/Cannabis¹ Pesticide exposure¹ Sun exposure/Sunscreens/Insect repellent¹ Other Issues¹ Supervised tummy time while awake¹ Teething¹/Dental cleaning/Fluoride¹ No OTC cough/cold medicine¹ Complementary/alternative medicine¹ Temperature control and overdressing Fever advice/Thermometers¹  velopment NB-Correct for age if < 37 weeks gestation  Turns head toward sounds Makes sounds while you talk to him/her				
[600–900 mL(2	0-30 oz) /day <sup>1</sup> ]		[750–1080 mL(2 O Discuss future in		s, with emphasis on	<ul> <li>Iron containing foods<sup>1</sup> (iron fortified infant cereals, meat, tofu, legumes, poultry, fish, whole eggs)</li> <li>Allergenic foods (especially eggs and peanut products)<sup>1</sup></li> <li>Fruits, vegetables, and milk products (yogurt, cheese) to follow</li> </ul>				
			iron containing	and allergenic food	ds <sup>1</sup>					
						O Choking/Safe food <sup>1</sup> O No honey <sup>1</sup> O No bottles in bed				
EDUCATION AN	D ADVICE Repeat	discussion of items is based	on perceived risk or	need						
Injury Prevention		1	Behaviour and Fam		v sloop habits2					
O Safe sleep (pos	icle safety/Car seat ition, room sharin	g, avoid bed sharing,	O Night waking <sup>2</sup> O Crying <sup>2</sup>	O Sootha	<b>y sleep habits<sup>2</sup></b> bility/Responsiveness	O Pesticide exposure <sup>1</sup>				
crib safety) <sup>1</sup> O Poisons <sup>1</sup> ; PCC	<sub>#</sub> 1		O Parenting/Bond O Parental fatigue			Other Issues  O Supervised tummy time while awake  Teething I/Dental cleaning/Fluoride  O Teething I/Dental cleaning				
O Firearm safety O Pacifier use <sup>1</sup>	1		O Inquire re: diffi O High risk infan		s meet or food insecurity <sup>2</sup>					
O Hot water <49°			O Family healthy a	ctive living/Sedent	ary behaviour/Screen time <sup>2</sup>					
	inge table, unstable j	furniture/TV, no walkers)1	Encourage reading <sup>2</sup> Child care <sup>2</sup> /Return to work			<ul> <li>Complement</li> </ul>	tary/alternative medicine <sup>1</sup>			
<ul> <li>Carbon monox</li> <li>Choking/Safe to</li> </ul>	ide/Smoke detectors oys <sup>1</sup>	,1	O Siblings							
		ervation of milestones)								
		milestone acquisition. Abser						s gestation		
<ul> <li>Follows movem</li> <li>Coos – throaty,</li> </ul>			O Follows a moving O Responds to peop		h eyes ! (leg movement/panting/			er		
O Lifts head up w	hile lying on tummy ed & calmed by tou		vocalizing)  O Vocalizes pleasure and displeasure O Holds head steady when supported at the chest or waist in a O Rolls from back to side							
O Sequences 2 or	more sucks before sw	vallowing/breathing	sitting position			O Sits with su	O Sits with support (e.g. pillows)			
O Smiles responsi			O Laughs/smiles re	esponsively	efly when placed in hand O Reaches/grasps objects with both hands equally onsively O No persistent closed/fisted hands			s equally		
			O No parent/careg			○ No parent/caregiver concerns²				
NACOTO SERVICE DE L'ANDRE DE L'AN		ppropriate age-specific physical								
<ul> <li>Fontanelles<sup>2</sup></li> <li>Eyes (red reflexed)</li> </ul>		ndice <sup>2,</sup> bruising <sup>2</sup> ) nquiry/screening <sup>2</sup>	O Anterior fontanelle <sup>2</sup> O Bruising <sup>2</sup> O Eyes (red reflex) <sup>2</sup> O Hearing inquiry/screening <sup>2</sup>			O Anterior fontanelle <sup>2</sup> O Bruising <sup>2</sup> O Eyes (red reflex) <sup>2</sup> O Hearing inquiry/screening <sup>2</sup>				
O Neck/Torticolli O Heart/Lungs/A			O Neck/Torticollis O Heart/Lungs/Al				tht reflex/Cover-uncover s risk assessment <sup>2</sup>	test & inquiry <sup>2</sup>		
O Hips (Barlow/C O Muscle tone <sup>2</sup>			O Hips (limited hip abd'n) <sup>2</sup> O Muscle tone <sup>2</sup>			O Heart/Lungs/Abdomen O Hips (limited hip abd'n) <sup>2</sup> O Muscle tone <sup>2</sup> /No head lag				
	D PLANS/CURRE	NT & NEW REFERRALS4		ist, dietitian, speec	h, audiology, PT, OT, eyes,					
			Lib. Medicin special	io, diediai, spece	ii, uuuiologi, 2 i, o i, e es					
			Accommons of the second							
			O) program of the content of							
						Legacione	207.20000000000000000000000000000000000			
INVESTIGATION	NS / SCREENING <sup>2</sup>	and IMMUNIZATION <sup>3</sup> I	Discuss immunizatio	on benefits and pa	in reduction strategies <sup>3</sup> R					
						O Inquire abo	eening (If at risk) <sup>2</sup> out risk factors for TB <sup>2</sup>	1000 1 W 4000 <b>=</b> 1		
						O If HBsAg-1	positive parent/sibling He	ep B vaccine #3 <sup>3</sup>		
SIGNATURE										

Strength of recommendation is based on literature review using the classification: Good (bold type); Fair (italic type); Inconclusive evidence/Consensus (plain type). See literature review table at www.rourkebabyrecord.ca



## Rourke Baby Record:







ws	ww.rourkebabyreco	nt/Child Health Maintena rd.ca   See <u>RBR parent web</u> p nd J Rourke. Revised Jan. 22, 2020	nce Parlitre W Canadle de pédi	ng parent resources	Diethians of Canada Les cirilitates de Canada	GUIDE III: 9 – 15 mos (Nation  Past problems/Risk factors: Family history:			
-			cm	Birth Weight:	g				
irth Head Circui	mference:	cm							
9 MONTHS (OPTIONAL)			12–13 MONTHS			15 MONTHS	15 MONTHS (OPTIONAL)		
DATE OF VISIT		_/20	DATE OF VISIT		20	DATE OF VISIT		_/20	
GROWTH <sup>1</sup> use	WHO growth charts.	Correct age until 24-36 mo	nths if < 37 weeks ge	station					
Length	Weight	Head Circ.	Length	Weight (x3 BW)	Head Circ. (avg 47 cm)	Length	Weight	Head Circ.	
PARENT / CAR	REGIVER CONCERN	s							
O Breastfeeding O Formula feedig [720–960 mL O Iron containi O Avoid juice at O Cow's milk pr O Choking/Safe Encourage ch Eats a variety No honey <sup>I</sup>	g¹/Vitamin D 400 IU/ ng/preparation¹ s(24-32 oz) /day¹] ing foods¹, Allergenid d food/beverages high oducts (e.g. yogurt, che foods¹ ange from bottle to cu of textures	c foods <sup>1</sup> , fruits, vegetables h in sugar or salt <sup>1</sup> ese, homogenized milk)  p O No bottles in bed dependent/self-feeding <sup>1</sup>	O Breastfeeding 1 O Homogenized r O Avoid juice and O Choking/Safe fo O Promote open o O No bottles in be O Independent/se O Appetite reduce O Eats family food O Inquire re: vege	Vitamin D 400 IU/day milk [500-750 mLs(16- food/beverages high in bods <sup>1</sup> cup instead of bottle ed di-feeding <sup>1</sup> ed ds with a variety of texts tarian diets <sup>1</sup>	24 oz) /day <sup>1</sup> ] sugar or salt <sup>1</sup>	O Homogenize O Avoid juice a O Choking/Safe	n cup instead of bottle bed /self-feeding <sup>1</sup>	16–24 oz) /day <sup>1</sup> ] h in sugar or salt <sup>1</sup>	
		discussion of items is based							
O Motorized ve O Safe sleep (9 O Poisons <sup>1</sup> ; safe O Pacifier use <sup>1</sup> O Bath safety <sup>1</sup> /1 O Carbon mono Childproofing, in O Falls (stairs, ca	Behaviour and Family Issues <sup>2</sup>     Motorized vehicle safety/Car seat <sup>1</sup>   Night waking <sup>2</sup>   Healthy sleep habits <sup>2</sup>     Safe sleep (9 mo: position, avoid bed sharing, crib safety) <sup>1</sup>   Crying <sup>2</sup>   Soothability/Responsiveness     Poisons <sup>1</sup> ; PCC# <sup>1</sup>   Parenting <sup>2</sup>   Family conflict/Stress     Parent a fatigue/Depression <sup>2</sup>   Parent a fatigue/Depression <sup>2</sup>     Parent a fatigue/Depression <sup>2</sup>   Inquire re: difficulty making ends meet or food insecurity <sup>2</sup>     Parent a fatigue/Depression <sup>2</sup>   Parent a fatigue/Depression <sup>2</sup>     Parent a fatigue/Depression <sup>2</sup>   High risk infants/Assess home visit need <sup>2</sup>     Family healthy active living/Sedentary behaviour/Screen time     Encourage reading <sup>2</sup>   Child care <sup>2</sup> /Return to work     Siblings   Siblings     Siblin			O Pesticide expo O Sun exposure Other Issues <sup>1</sup> O Teething <sup>1</sup> /Do O No OTC cou	noke/E-cigs/Cannabis <sup>1</sup> osure <sup>1</sup> e/Sunscreens/Insect repental cleaning/Fluoric gh/cold medicine <sup>1</sup> ary/alternative medicine	pellent <sup>1</sup> de/Dentist <sup>1</sup>			

DEVELOPMENT<sup>2</sup> (Inquiry and observation of milestones)

lasks are set after the time of	typical milestone acquisition.	Absence of any item suggests consideration for further assessment of development. NB-Correct for age if < 3/	weeks gestation

O Looks for an object seen hidden	O Responds to own name	O Says 5 or more words (words do no
O Cries or shouts for attention	O Understands simple requests, (e.g. Where is the ball?)	O Walks sideways holding onto furni
O Babbles a series of different sounds (e.g. baba, duhduh)	O Makes at least 1 consonant/vowel combination	O Shows fear of strange people/places
O Responds differently to different people	O Says 3 or more words (do not have to be clear)	O Crawls up a few stairs/steps

O Makes sounds/gestures to get attention or help O Crawls or 'bum' shuffles O Pulls to stand/walks holding on O Stands with support when helped into standing position
O Sits without support
O Uses both hands equally O Has pincer grasp to pick up and eat finger foods O Uses both hands equally

O Shows distress when separated from parent/caregiver Follows your gaze to jointly reference an object
 No parent/caregiver concerns<sup>2</sup>

ot have to be clear)

O Tries to squat to pick up toys from the floor

O No parent/caregiver concerns<sup>2</sup>

PHYSICAL EXAMINATION <sup>2</sup>	An appropriate age-specific phys	ical examination is reco	mmended at each vis	sit. Evidence-based	d screening for specific	conditions is highlighte	ed
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O Anterior fontanelle<sup>2</sup> O Anterior fontanelle<sup>2</sup> O Eves (red reflex)2 O Hearing inquiry/screening<sup>2</sup> O Eyes (red reflex)2 O Hearing inquiry/screening<sup>2</sup> O Corneal light reflex/Cover-uncover test & inquiry<sup>2</sup> O Corneal light reflex/Cover-uncover test & inquiry2 O Teeth/Caries risk assessment2 O Tonsil size/Sleep-disordered breathing<sup>2</sup> O Heart/Lungs/Abdomen O Hips (limited hip abd'n)<sup>2</sup> O Teeth/Caries risk assessment2 O Heart/Lungs/Abdomen O Hips (limited hip abd'n)<sup>2</sup>
O Muscle tone<sup>2</sup> O Muscle tone<sup>2</sup>

 Anterior fontanelle<sup>2</sup> O Eyes (red reflex)2 O Hearing inquiry/screening<sup>2</sup> O Corneal light reflex/Cover-uncover test & inquiry2 O Tonsil size/Sleep-disordered breathing<sup>2</sup>

O Teeth/Caries risk assessment<sup>2</sup>

O Heart/Lungs/Abdomen O Hips (limited hip abd'n)2

PROBLEMS AND PLANS/CURRENT & NEW REFERRALS<sup>4</sup> E.g. medical specialist, dietitian, speech, audiology, PT, OT, eyes, dental, social determinants resources

INVESTIGATIONS / SCREENING<sup>2</sup> AND IMMUNIZATION<sup>3</sup> Discuss immunization benefits and pain reduction strategies<sup>3</sup> Record Vaccines on Guide V

O If HBsAg positive mother check HBV antibodies and HBsAg3 (at 9 or 12 months) O Blood lead if at risk1

**SIGNATURE** 

O Anemia screening (If at risk)2



## ROUR Rourke Baby Record:







### GUIDE IV: 18 mos - 5 yr (National)

Evidence-Based Infant/Child Health Maintenance www.rourkebabyrecord.ca | See RBR parent web portal for corresponding parent resources 02020 Drs. L Rourke, D Leduc and J Rourke. Revised Jan. 22, 2020 Past problems/Risk factors: Family history: /20\_\_\_ M 🗌 F 🗌 NAME: Birth Day (d/m/yy): \_ Birth Length: cm Birth Weight: \_ Gestational Age: Birth Head Circumference:\_ 4-5 YEARS 2-3 YEARS 18 MONTHS DATE OF VISIT DATE OF VISIT DATE OF VISIT /20 GROWTH use WHO growth charts. Correct age until 24-36 months if < 37 weeks gestation Weight BM1 Head Circ. Weight Head Circ. BMI Height Length if prior abN nde J **PARENT / CAREGIVER CONCERNS** NUTRITION¹ For each O item discussed, indicate "√" for no concerns, or "X" if concerns O Breastfeeding<sup>1/</sup>Vitamin D 400 IU/day<sup>1</sup> O Breastfeeding I/Vitamin D 400 IU/day I O Skim, 1% or 2% milk [~ 500 mLs(16 oz) /day1] O Skim, 1% or 2% milk [- 500 mLs(16 oz) /day<sup>1</sup>]
O Skim, 1% or 2% milk [- 500 mLs(16 oz) /day<sup>1</sup>]
O Avoid juice and food/beverages high in sugar or salt<sup>1</sup>
O Gradual transition to lower fat diet<sup>1</sup>
O Canada's Food Guide<sup>1</sup> O Avoid juice and food/beverages high in sugar or salt 1 O Homogenized milk [500-750 mLs(16-24 oz) /day<sup>1</sup>]
O Avoid juice and food/beverages high in sugar or salt<sup>1</sup> Canada's Food Guide 1 O Inquire re: vegetarian diets 1 O No bottles O Independent/self-feeding<sup>1</sup>
O Inquire re: vegetarian diets<sup>1</sup> O Inquire re: vegetarian diets1 EDUCATION AND ADVICE Repeat discussion of items is based on perceived risk or need Injury Prevention<sup>1</sup>
O Motorized vehicle safety/Car seat (child/booster)<sup>1</sup> Injury Prevention 1 O Carbon monoxide/smoke detectors1/ Burns1/Matches O Poisons<sup>1</sup>; PCCs<sup>1</sup> O Bath safety<sup>1</sup> Rurns<sup>1</sup>
O Choking/Safe toys<sup>1</sup> O Wean from pacifier<sup>1</sup>
O Falls (stairs, change table, unstable furniture/TV)<sup>1</sup>
Behaviour<sup>2</sup> O Motorized vehicle safety/Car seat (child/booster) O Firearm safety<sup>1</sup> O Falls (stairs, unstable furniture/TV, trampolines) O No pacifiers 1 O Bike helmets1 O Poisons1; PCC#1 O Water safety Behaviour<sup>2</sup>
O Parent/child interaction O Discipline/Parenting skills programs<sup>2</sup> O Parental fatigue/Depression<sup>2</sup> O Parent/child interaction O Healthy sleep habits<sup>2</sup> O High-risk children<sup>2</sup> O Discipline/Parenting skills programs<sup>2</sup> O Family conflict/Stress O Siblings Family Family<sup>2</sup> O High-risk children<sup>2</sup> O Encourage reading<sup>2</sup>
O Parental fatigue/Stress/Depression<sup>2</sup>
O Inquire re: difficulty making ends meet or food insecurity<sup>2</sup> O High-risk children<sup>2</sup> O Inquire re: difficulty making ends meet or food insecurity<sup>2</sup> O Healthy sleep habits2 O Family healthy active living/Sedentary behaviour/Screen time<sup>2</sup> Encourage reading<sup>2</sup>
 Socializing opportunities O Assess child care! Preschool needs! School readiness: O Family healthy active living/Sedentary behaviour/Screen time<sup>2</sup> O Socializing/Peer play opportunities Environment Health 1 Environment Health 1 O 2nd hand smoke/E-cigs/Cannabis 1 O Pesticide exposure 1 O Sun exposure/Sunscreens/Insect repellent 1 O 2nd hand smoke/E-cigs/Cannabis1 O Pesticide exposure1 O Sun exposure/Sunscreens/Insect repellent Other 1 O Dental cleaning/Fluoride/Dentist<sup>1</sup>
O No OTC cough/cold medicine<sup>1</sup> Other I
O Dental care/Dentist 1 O Complementary/alternative medicine1 O Toilet learning2 O Toilet learning DEVELOPMENT<sup>2</sup> (Inquiry and observation of milestones) Tasks are set after the time of typical milestone acquisition. Absence of any item suggests consideration for further assessment of development. NB-Correct for age if < 37 weeks gestation 2 years<sup>2</sup>
O Combines 2 or more words Social/Emotional<sup>2</sup> O Understands 2 and 3 step O Understands 3-part directions O Counts out loud or on fingers O Interested in other children O Usually easy to soothe O Interested in other citiaten O ostali
O Child's behaviour is usually manageable
O Comes for comfort when distressed
Communication Skills<sup>2</sup>
O Points to several different body parts directions (e.g. "Pick up your O Asks and answers lots of questions (e.g. "What are you to answer "How many are O Understands 1 and 2 step hat and shoes and put them in there?
O Speaks clearly in adult-like directions the closet.") O Walks backward 2 steps doing?") O Uses sentences with 5 or more without support O Walks up/down stairs sentences most of the time words O Tries to get your attention to show you something
O Turns/responds when name is called
O Points to what he/she wants O Tries to run alternating feet Undoes buttons and zippers O Throws and catches a ball O Walks up stairs using handrail O Hops on 1 foot several times O Puts objects into small O Twists lids off jars or turns knobs Tries to comfort someone O Dresses and undresses with container Uses toys for pretend play (e.g. give doll a drink)
 Continues to develop new Shares some of the time little help

Cooperates with adult O Looks for toy when asked or pointed in direction who is upset O Plays make-believe games O Imitates speech sounds and gestures
O Says 15 or more words (words do not have to be clear)
O Produces 4 consonants, (e.g. B D G H N W) O No parent/caregiver with actions and words requests most of the time concerns2 (e.g. pretending to cook a meal, O Retells the sequence of a story
O Separates easily from parent/ skills fix a car) Motor Skills

O Feeds self with spoon with little spilling

O Walks alone O No parent/caregiver concerns2 O Turns pages one at a time Caregiver O Listens to music or stories for Adaptive Skills

O Removes hat/socks without help O No parent/caregiver 5-10 minutes concerns2 O No parent/caregiver concerns<sup>2</sup> O No parent/caregiver concerns<sup>2</sup> PHYSICAL EXAMINATION2 An appropriate age-specific physical examination is recommended at each visit. Evidence-based screening for specific conditions is highlighted. O Blood pressure if at risk<sup>2</sup>
O Eyes (red reflex)/Visual acuity<sup>2</sup>
O Corneal light reflex/Cover-uncover test & inquiry<sup>2</sup>
O Tongiel light reflex/Cover-uncover test & inquiry<sup>2</sup> O Anterior fontanelle closed<sup>2</sup> O Blood pressure if at risk (3+yrs)2 O Eyes (red reflex)2 O Teeth/Caries Risk2 O Byes (red reflex)/Visual acuity<sup>2</sup> O Hearing inquiry
O Corneal light reflex/Cover-uncover test & Inquiry<sup>2</sup>
O Tonsil size/Sleep-disordered breathing<sup>2</sup> O Heart/Lungs/Abdomen O Corneal light reflex/Cover-uncover test & inquiry<sup>2</sup>
O Hearing inquiry
O Teeth/Caries Risk<sup>2</sup> O Tonsil size/Sleep-disordered breathing<sup>2</sup> O Heart/Lungs/Abdomen O Tonsil size/Sleep-disordered breathing<sup>2</sup> O Heart/Lungs/Abdomen PROBLEMS AND PLANS/CURRENT & NEW REFERRALS 1 E.g. medical specialist, dietitian, speech, audiology, PT, OT, eyes, dental, social determinants resources INVESTIGATIONS / SCREENING<sup>2</sup> AND IMMUNIZATION<sup>3</sup> Discuss immunization benefits and pain reduction strategies<sup>3</sup> Record Vaccines on Guide V O Anemia screening (If at risk)2 O Blood lead if at risk1 SIGNATURE

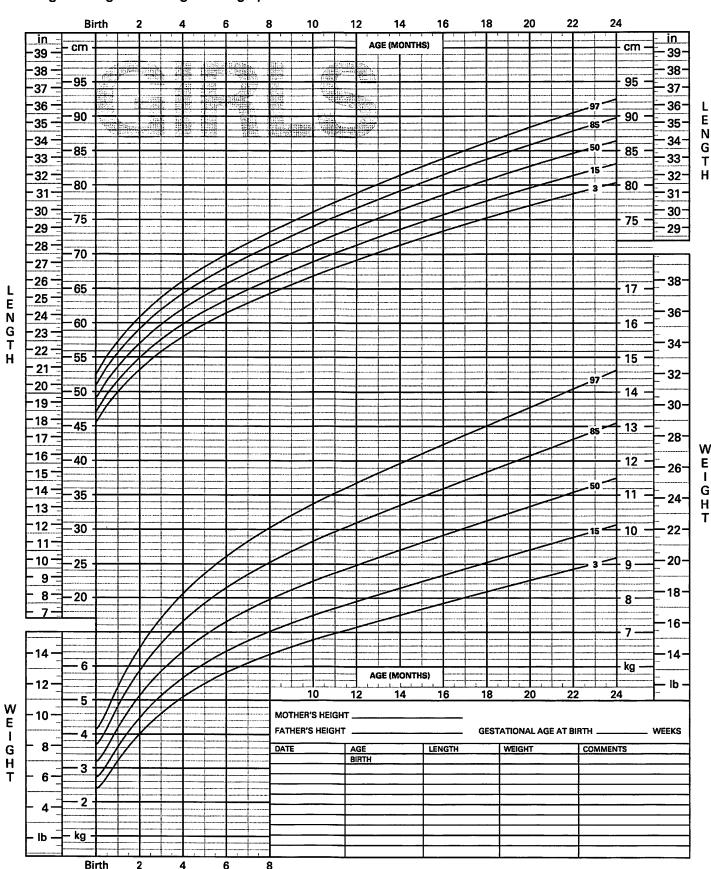
## WHO GROWTH CHARTS FOR CANADA



**BIRTH TO 24 MONTHS: GIRLS** 

Length-for-age and Weight-for-age percentiles

NAME: \_\_\_\_\_\_ RECORD # \_\_\_\_\_

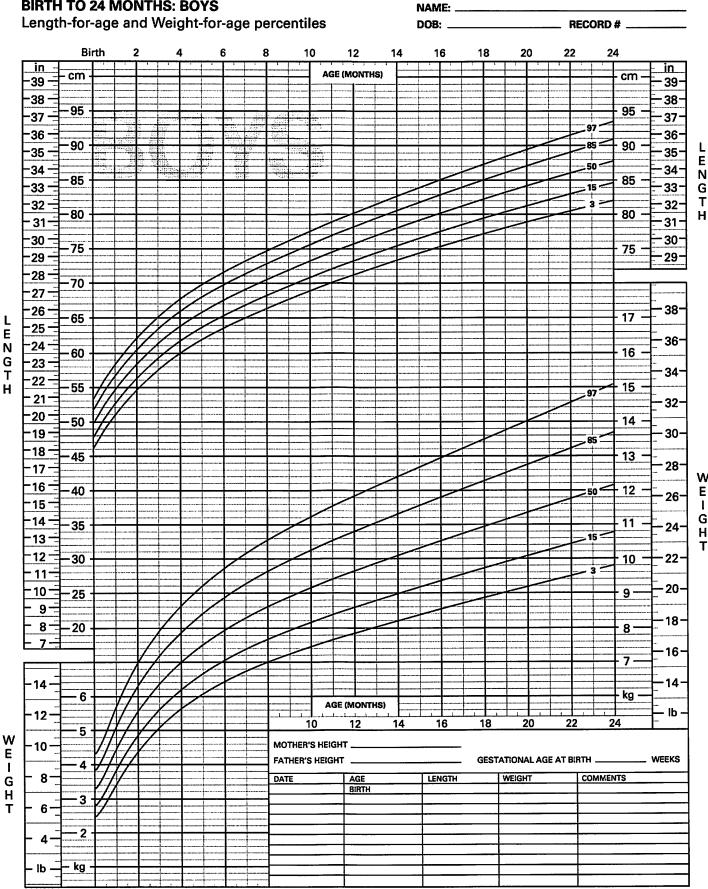


SOURCE: Based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) and adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group, College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada.

## WHO GROWTH CHARTS FOR CANADA



**BIRTH TO 24 MONTHS: BOYS** 



SOURCE: Based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) and adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group, College of Family Physicians of Canada, Community Health Nurses of Canada and Distitions of Canada