

WELL CHILD VISIT AGE	HEALTH HISTORY	PHYSICAL DEVELOPMENTAL HISTORY	MENTAL DEVELOPMENTAL HISTORY	PHYSICAL EXAMINATION	HEALTH EDUCATION OR ANTICIPATORY GUIDANCE
0-6 MONTHS					
1 MONTH	Signs of illness; Parenting practices; Passive smoke; Prenatal and delivery history; Birth weight; Family history; Current medications	Fixates on face; Responds to voice; Lifts head; Sleeps 3-4 hours at a time	Startles at loud noises; Follows moving light; Attempts to reach up to touch dangling objects; Puts everything in mouth	Length, weight, head circumference, note cardiac murmurs, cradle cap, abdominal masses, diaper dermatitis	Injury and illness prevention: no smoking, no shaking, avoid sun, don't leave alone in tub, keep small objects out of reach, do not place baby in front seat of car; Nutrition: what to feed, gaining weight; Infant care: bathing, nail and skin care, pacifiers, bowel movements; When to contact doctor
2 MONTHS	Signs of illness; Parenting practices; Passive smoke; Family history; Current medications; Safety measures used; Changes from last visit	Eyes follow object to midline; Rolls over; Coos; Smiles; Some head control	Begins to express anger and boredom; Pays attention to faces; Begins to smile at people	Length, weight, head circumference, neurological problems, torticollis, metatarsus adductus, hip dysplasia	Injury and illness prevention: no smoking, no shaking, avoid sun, don't leave alone in tub, keep small objects out of reach, do not place baby in front seat of car; Nutrition: what to feed, gaining weight; Infant care: bathing, nail and skin care, pacifiers, bowel movements; When to contact the doctor
4 MONTHS	Signs of illness; Parenting practices; Passive smoke; Family history; Current medications; Safety measures used; Changes from last visit	Holds head steady, unsupported; Pushes down on legs when feet are on a hard surface; When lying on stomach, pushes up to elbows; Rolls over	Responds to affection; Reaches for toy with one hand; Recognizes familiar people and things at a distance	Length, weight, head circumference, neurological problems, cardiac murmurs	Same as items listed for 0-2 months and in addition: introduction of solid foods, avoid choke foods, starting to drink water, lower crib mattress, childproofing home, no baby walkers and brushing baby's teeth
6 MONTHS	Signs of illness; Parenting practices; Passive smoke; Family history; Current medications; Safety measures used; Changes from last visit	Begins to sit without support; Rocks back and forth, sometimes crawling backward before moving forward	Shows curiosity about things; Begins to pass things from one hand to the other; Looks around at things nearby; Stranger anxiety; Babbles	Length, weight, head circumference, neurological problems, cardiac murmurs, tendon reflexes, muscle tone, use of extremities, tooth eruption	Same as items listed for 0-4 months

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9-18 MONTHS					
9 MONTHS	Signs of illness; Parenting practices; Passive smoke; Family history; Current medications; Safety measures used; Changes from last visit	Stands, holding on; Sits without support; Pulls to stand; Crawls	Looks for things he sees you hide; Plays peek-a-boo; Picks up things like cereal between thumb and index finger	Length, weight, head circumference, neurological problems, cardiac murmurs, tendon reflexes, muscle tone, use of extremities, tooth eruption	Same as items listed for 0-6 months, in addition feeding regular soft foods, encouraging self-feeding, learning first aid and keeping poison center number handy
12 MONTHS	Signs of illness; Parenting practices; Passive smoke; Family history; Current medications; Safety measures used; Changes from last visit	Gets to sitting position without help; Pulls up to stand, walks holding on to furniture; May stand alone	Finds hidden things easily; Looks at the right picture or thing when it is names; Copies gestures; Bangs two things together; Follows simple directions	Length, weight, head circumference, neurological problems, cardiac murmurs, tendon reflexes, muscle tone, use of extremities, tooth eruption, feet and gait walking	Might be ready for convertible car seat, supervise near pets, mowers, streets; Begin weaning and start whole milk; 3 meals and 3 snacks each day; Limit sun
15 MONTHS	Signs of illness; Parenting practices; Passive smoke; Family history; Current medications; Safety measures used; Changes from last visit	Walks well; Drinks from a cup; Eats with a spoon; May walk up steps and run	Points to get attention of others; Points to one body part; Says 3-10 words; Listens to a story	Length, weight, head circumference, neurological problems, cardiac murmurs, tendon reflexes, muscle tone, use of extremities, tooth eruption, feet and gait walking, excessive injuries	Eats meals with family and let child decide what/how much to eat; Praise good behavior; Read, talk or sing to child; Reinforce bedtime routine; Wash hands often; Limit rules, be consistent; Discourage aggressive behavior
18 MONTHS	Signs of illness; Parenting practices; Passive smoke; Family history; Current medications; Safety measures used; Changes from last visit	Eats with a spoon; Carry toy while walking; Scribble spontaneously; Throw small ball; Walk up stairs with 2 feet per step with hand held	Helps to dress self; Identify at least 2 body parts; Name at least 5 familiar objects (ie: ball or milk); Engage with others for play; Use words to ask for help	Length, weight, head circumference, neurological problems, cardiac murmurs, use of extremities, tooth eruption, feet and gait walking, nevi/birthmarks, excessive injuries	Read, talk, and sing; Simple words; Help to express feelings and emotions; Anticipate anxiety; Consistent discipline, reinforce limits; Appropriate nutrition; Toilet training – signs child is ready; Safety – car seat, poison control, guns

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2 – 6 YEARS					
2 YEARS	Allergies Illnesses Injuries Immunization status Medications	Kick a ball; Run with coordination; Stack objects; Use hands to turn object like door knobs	Parallel play; Uses 50 words; Speech is 50% understandable to strangers; Follow 2-step directions	Measure height, weight, BMI %; Note teeth; vision and blood pressure screening; physical exam	Daily reading; Listen and respond to child; Help express feelings; Encourage healthy eating/physical activity; Limit TV viewing; Model appropriate language; Potty train when child ready
3 YEARS	Allergies Illnesses Injuries Immunization status Medications	Jumps in place; Rides tricycle; Climbs stairs (adult manner); Toilet Training; Cuts paper w/scissors	Knows age, name & gender; shows imagination; Names colors; Repeats 3 digits	Measure height, weight, BMI %; Note teeth; vision and blood pressure screening; physical exam	Clean potty-chair; Teach to wash hands; Car seat safety; Test smoke alarms; Empty tub to avoid drowning; Encourage healthy eating/physical activity; Praise good behavior; Encourage talking
4 YEARS	Allergies Illnesses Injuries Immunization status Medications	Rides bicycle; Hops on one foot; brushes teeth; throws overhand; descends stairs (adult manner)	Sings songs; knows difference between reality and fantasy; repeats 4 digits; Can tell stories; Identifies body parts	Measure height, weight, BMI%; Note teeth, injuries; vision, hearing and blood pressure; physical exam	Use booster seat; Limit sun exposure; Teach how to swim; Promote healthy eating/nutrition; Use bike helmet; Promote dental hygiene; Begin teaching how to resolve conflict and handle anger
5 YEARS	Allergies Illnesses Injuries Immunization status Medications	Dresses w/o help; Complete sphincter control; Catches ball with 2 hands; copies a square	Counts 10 objects correctly; asks meaning of words; knows address and phone number	Measure height, weight, BMI%; Note teeth, injuries; vision, hearing, blood pressure screening urinalysis; physical exam	Read together; Assign chores; Set limits; Teach how to resolve conflict and handle anger; Family time; Use bike helmet; Encourage child to talk about school/daycare experience; Nutrition/Physical activity
6 YEARS	Allergies Illnesses Injuries Immunization status Medications	Prints letters; skips with alternating feet; rides bicycle; Ties shoes; draws recognizable man w/head, body, limbs	Follows rules at school; plays w/others; can answer questions about favorite book, activity;	Measure height, weight, BMI%; Note teeth, injuries; vision, hearing and blood pressure screening, urinalysis; physical exam	Limit TV/computer time; advocate physical activity; Keep firm and consistent rules; Listen and show affection to child; Provide personal space; Plan family activities/outings; Listen to child read and encourage talking about activities/feeling

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12-21 YEARS					
12-14 YEARS	Allergies Illnesses Injuries Immunization status Medications	Adolescent growth spurt; Onset of sexual maturity; Development of primary and secondary sexual characteristics	How are you doing in school; What is your favorite activity; have you ever thought about hurting yourself; how do you get along with family members; Who's your best friend; Cross gender relationships	Measure height/weight, BMI%; Note sexual maturity, examine genitals; vision, hearing BP screening; anemia or eating disorders; If sexually active, conduct STD screening.	Sleep habits; injury and violence prevention; weight loss/gain; dealing w/stress; self-confidence building; eating healthy and exercising regularly; oral hygiene; substance abuse; sexual education; school achievement and responsible behavior
15-17 YEARS	Allergies Illnesses Injuries Immunization status Medications	Adolescent growth spurt; Onset of sexual maturity; Development of primary and secondary sexual characteristics	What are some things that make you angry/sad; how do you feel about the way you look; do you date; are you having sex; Can handle hypotheticals; Communication becomes focus of relationships; how is school going	Measure height/weight, BMI%; Note sexual maturity, examine genitals; vision, hearing BP screening; anemia or eating disorders; If sexually active, conduct STD screening.	Sleep habits; injury and violence prevention; weight loss/gain; dealing w/stress; self-confidence building; eating healthy and exercising regularly; oral hygiene; substance abuse; sexual education; school achievement and responsible behavior; practicing time management; driving responsibly; handling work stress; setting reasonable goals
18-21 YEARS	Allergies Illnesses Injuries Immunization status Medications	Adolescent growth spurt; Onset of sexual maturity; Development of primary and secondary sexual characteristics;	How many hours do you work per week; Do you smoke or use drugs; what goals do you have for yourself; Do you like the way you look; Do you practice safe sex; Identity is key issue	Measure height/weight, BMI%; Note sexual maturity, examine genitals; vision, hearing BP screening; anemia or eating disorders; If sexually active, conduct STD screening.	Sleep habits; injury and violence prevention; weight loss/gain; dealing w/stress; self-confidence building; eating healthy and exercising regularly; oral hygiene; substance abuse; sexual education; school achievement and responsible behavior; practicing time management; driving responsibly; handling work stress; setting reasonable goals