

## Well-Child and Adolescent Well-Care Visits Guide

<b>Well-Child Visits 0-15 Months</b>		
<b>Health/Development History</b>	<b>Physical Exam</b>	<b>Health Ed/Anticipatory Guidance</b>
<b>1 Month:</b> Fixates on face, responds to voice, lifts head, sleeps 3-4 hours at time	Length, weight, head circumference, note cardiac murmurs, cradle cap, abdominal masses, diaper dermatitis.	Injury and illness prevention: no smoking, no shaking, soft bedding, avoid sun, don't leave alone in tub, keep small objects away from reach, know signs of fever, rash, vomiting, diarrhea, dehydration, no baby in front seat of car Nutrition: gaining weight, what to feed, breastfeed or formula Infant Care: bathing, nail and skin care, pacifiers, bowel movements, thermometer use
<b>2 Months:</b> Coos, attentive to voices, smiles responsively, some head control	Length, weight, head circumference, neurological problems, torticollis, metatarsus adductus, hip dysplasia	
<b>4 Months:</b> Babbles, raises body on hands, rolls over, grasps rattle, reaches for objects, controls head	Length, weight, head circumference, neurological problems, cardiac murmurs	Everything noted above for 0-2 months old in addition to introduce solids, avoid choke foods, start water drinking, childproof home, lower crib mattress, no baby walkers, brush baby's teeth.
<b>6 Months:</b> Says dada or baba, sits without support, starts to self-feed, shows interest in toys, may have 1 <sup>st</sup> tooth, turns to sounds, sleeps through night	Length, weight, head circumference, neurological problems, cardiac murmurs, tendon reflexes, muscle tone, use of extremities, tooth eruption	
<b>9 Months:</b> Responds to own name, crawls or scoots, may pull to stand, throws objects, plays peek-a-boo, feeds with fingers, shows anxiety with strangers	Length, weight, head circumference, neurological problems, cardiac murmurs, tendon reflexes, muscle tone, use of extremities, tooth eruption	Everything noted above for 0-6 months old in addition to feeding regular soft foods, encouraging self feeding; learning first aid and keep poison center number handy.
<b>1 Year:</b> May take steps alone, plays social games, bangs blocks together, imitates voices, drinks from cup, waves bye bye.	Length, weight, head circumference, neurological problems, cardiac murmurs, tendon reflexes, muscle tone, use of extremities, tooth eruption, feet and gait walking	Maybe ready for convertible car seat, supervise near pets, mowers, streets; begin weaning and start whole milk; 3 meals and 3 snacks a day; limit sun.
<b>15 Months:</b> Says 3-10 words, can point to body parts, walks well, listens to story, points and grunts when wanting something	Length, weight, head circumference, neurological problems, cardiac murmurs, tendon reflexes, muscle tone, use of extremities, tooth eruption, feet and gait walking, nevi and birthmarks, 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.

<b>Well-Child Visits 3-6 Years</b>		
<b>Health/Dev. History</b>	<b>Physical Exam</b>	<b>Health Ed/Anticipatory Guidance</b>
<b>3 Years:</b> Jumps in place; knows name, age and sex; has self-care skills; shows imagination.	Measure height, weight, BMI. Note teeth, injuries; vision and blood pressure screening.	Limit TV; clean potty-chair, teach to wash hands. Use safety seat in car, test smoke alarms, empty pool, and tub to avoid drowning. Encourage healthy eating and teach to brush teeth. Praise good behavior. Encourage talking, reading, socialization. Provide choices, reinforce limits.  Use booster seat, limit sun exposure, teach how to swim, use helmet for bike rides. Limit candy, promote health eating. Expect curiosity, discourage bad words. Promote dental hygiene. Praise good behavior and encourage child to talk about school/daycare experiences. Teach how to resolve conflict and handle anger. Read together, visit parks, assign chores, set limits, and create family time.
<b>4 Years:</b> Sings songs, knows difference b/w reality and fantasy, builds tower w/ blocks, rides bicycle	Measure height, weight, BMI. Note teeth, injuries; vision, hearing and blood pressure screening.	
<b>5 Years:</b> Dresses w/out help, knows address and phone number, can count, recognizes many letters.	Measure height, weight, BMI. Note teeth, injuries; vision, hearing, blood pressure screening, urinalysis.	
<b>6 Years:</b> Follow rules at school, plays with others, can answer questions about favorite book, activity.	Measure height, weight, BMI. Note teeth, injuries; vision, hearing and blood pressure screening.	Limit TV/computer time and keep firm/consistent rules. Listen and show affection to child. Provide personal space. Supervise tooth brushing. Plan family activities/outings. Listen to child read and encourage talking about activities/feelings.

## Adolescent Well-Care Visits 12-21 Years

Health/Dev. History	Physical Exam	Health Ed/Anticipatory Guidance
<p><b>12-14 Years</b>                      Qs for Child: How are you doing in school? What's your favorite activity? Who's your best friend? Have you ever thought about hurting yourself? How do you get along with your family members?</p>	<p>Measure height, weight, BMI. Note sexual maturity, examine genitals. Vision, hearing, BP screening, anemia or eating disorders. If sexually active, conduct STD screening and pap smear for females.</p>	<p>Sleep habits, injury and violence prevention, weight loss/gain, dealing with stress, self-confidence building, eating healthy and exercising regularly, oral hygiene, substance abuse, sexual education, promotion of community interaction, school achievement, and responsible behavior.</p>
<p><b>15-17 Years</b>                      What do you do for fun? What are some things that make you sad or angry? If you could change some thing in your life, what would it be? How do you feel about the way you look? Do you date, or are having sex? How is school going?</p>		<p>Everything notes for 12-14 year olds, in addition to practicing time management skills, driving responsibly, handling work stress, setting reasonable goals.</p>
<p><b>18-21 Years</b>                      How many hours do you work per week? What types of activities do you participate in? Do you smoke or use drugs? What goals are you pursuing? Do you like the way you look? Do you practice safe sex?</p>		