WELL CHILD VISIT

1 Year

Name _____Age in Months _____ Date of Visit _____

Concerns/Discussion

- ☐ Speech
- ☐ Sleep
- ☐ Family concerns
- ☐ Illness/Accidents
- ☐ Other concerns
- ☐ Observe parent/Child interaction

Nutrition

Meals

- ☐ Frequency _____ times/day
- ☐ Food Variety _____ ___

Bottle/Breast

- ☐ Frequency _____ times/day

Guidance

- ☐ 3 meals and 2-3 snacks per day
- ☐ Offer variety of soft table foods
- ☐ Family meals
- ☐ Make mealtimes pleasant
- ☐ "Up and down" appetite normal
- ☐ Discuss weaning from bottle/breast
- ☐ Switch to whole pasteurized milk
- ☐ Choking hazards

Developmental/Behavioral

- ☐ Pulls to stand and "cruises"
- ☐ Social games - "peek-a-boo"
- ☐ Pincer grasp
- ☐ 2-3 Words
- ☐ Drinks from cup
- ☐ Waves "bye-bye"
- ☐ Feeds self with hands
- ☐ Temperament/Parent description

_____

_____

Physical Exam

- ☐ General
- ☐ Wt _____ % _____
  Ht _____ % _____
  HC _____ % _____
  Monitor growth chart
- ☐ Temp _____
- ☐ Skin
- ☐ Nodes
- ☐ Head
- ☐ Eyes
- ☐ Ears
- ☐ Nose
- ☐ Oropharynx
- ☐ Neck
- ☐ Chest/Breast
- ☐ Lungs
- ☐ Cardiovascular
- ☐ Abdomen
- ☐ Genitalia
- ☐ Hips/Extremities
- ☐ Neuro
- ☐ Evidence of Neglect/Abuse

Screening/Immunizations

Screening

- ☐ Hearing (exam & history)
- ☐ Vision (exam & history)
- ☐ Lead—Screen high risk (educate everyone)
- ☐ Anemia—Hgb/Hct (if not done at 9 months)
- ☐ Tuberculosis—PPD if high risk
- ☐ Dental
  - Discuss fluoride
  - Exam and refer if abnormal
  - Educate on care

Immunizations

- ☐ Per ACIP schedule (Record below)

Anticipatory Guidance

- ☐ Injury/Accident prevention (car, falls, burns, sunscreen, drowning)
- ☐ Importance of praising children (discipline discussion)
- ☐ Limit number of rules
- ☐ Encourage safe exploration
- ☐ Read to child
- ☐ Family time with child
- ☐ Appropriate babysitters

Immunizations given:

_____

_____

Record all abnormal findings below.

_____

_____

_____

Assessment and Plan: _____

_____

PHN Referral (if indicated) _____ WIC Referral (if indicated) _____

Physician Signature: _____

Based on Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents

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