WELL CHILD VISIT

1-4 Week

Name _____Age in Weeks _____ Date of Visit _____

Concerns/Discussion

- ☐ Feeding
- ☐ Stool/Voiding
- ☐ Sleep position
- ☐ Support systems
- ☐ Sibling adjustment
- ☐ Child care anticipation
- ☐ Parent's health/mood
- ☐ Other concerns
- ☐ Parent/Infant interaction (observe)

Nutrition

Breast

- ☐ Length _____ min.
- ☐ Frequency q _____ hrs

Formula

- ☐ Type _____
- ☐ Amount _____ oz.
- ☐ Frequency q _____ hrs.
- ☐ Vitamins (if indicated)

Guidance

- ☐ W.I.C. (if appropriate)
- ☐ No solid foods
- ☐ Breast feeding (discourage supplementation)
- ☐ Bottle Feeding
  Fe fortified formula only
  No sleeping with bottle

Developmental/Behavioral

- ☐ Responds to sound
- ☐ Early eye fixation
- ☐ Startle reflex
- ☐ Moves all extremities
- ☐ Temperament/Parent Description

_____

_____

Physical Exam

- ☐ General (Irritability/Lethargy)
- ☐ Wt _____ % _____
  Ht _____ % _____
  HC _____ % _____
  Monitor growth chart
- ☐ Temp _____
- ☐ Skin (Jaundice)
- ☐ Nodes
- ☐ Head (Fontanelle/sutures)
- ☐ Eyes (Red Reflex)
- ☐ Ears
- ☐ Nose
- ☐ Oropharynx
- ☐ Neck (Torticollis)
- ☐ Chest/Breast
- ☐ Lungs
- ☐ Cardiovascular
- ☐ Abdomen (distention)
- ☐ Musculoskeletal
- ☐ Hips (Clicks)
- ☐ Neuro (Moro reflex)
- ☐ Evidence of Neglect/Abuse

Screening/Immunizations

Screening

- ☐ Metabolic/Hemoglobinopathy (results & f/u)
- ☐ Hearing Screen (results & f/u)
- ☐ Vision (exam only)

Immunizations

- ☐ Per ACIP schedule (Record below)

Anticipatory Guidance

- ☐ Car seat
- ☐ Crib safety
- ☐ Sleep/SIDS (back only)
- ☐ Avoidance of falls
- ☐ Avoid cigarette smoke
- ☐ Smoke alarms
- ☐ Appropriate babysitters
- ☐ Water heater temp (<125 degrees)
- ☐ "Shaken baby" counseling
- ☐ When to contact health professional

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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