

## RISK ASSESSMENT QUESTIONNAIRE

### HIGHLAND PEDIATRIC CLINIC

PATIENT'S NAME \_\_\_\_\_ DOB \_\_\_\_\_ DATE \_\_\_\_\_

**PLEASE NOTE: LEAD LEVEL LABORATORY TESTS ARE ROUTINLY PERFORMED AT 12 AND 24 MONTHS.**

#### LEAD (AGES 6-72 MONTHS): QUESTIONS

YES NO UNSURE

Does the child live in or regularly visit a house/apartment built before 1978? This could include a daycare center, home of a babysitter, or a relative, or ongoing remodeling?			
Does the child have a parent, sibling or a playmate that has, or did have lead poisoning?			

Does the child live near or visit with someone who lives near a lead smelter, battery recycling plant or other industry that could release lead?			
Does your child frequently come in contact with an adult who works with lead (construction, welding, pottery, or stained glass)			
Have you ever been told that your child has low iron?			
Does your family use pottery ware or lead crystal for cooking, eating, or drinking?			
Has your child been seen eating paint chips, crayons, or soil/dirt?			
Is your child, or was the child's mother, during pregnancy, given any home of folk remedies that may contain lead (may include moonshine, Azarcon, Greta, Paylooah?)			
Does your home's plumbing have lead pipes or copper pipes with lead solder joints?			
Does your child have painted toys that he/she likes to chew on?			

Low Risk                  Potential Risk

Will continue routine screening.

Will draw lead level today.

#### TOBACCO/SMOKING

YES NO UNSURE

Does any household member smoke?			
Is smoking done indoors and / or in cars?			
Does anyone that your baby is around regularly smoke?			

No Tobacco Exposure

Tobacco Exposure

Referred to Quit line

Set Quit Date

Discussed Limiting Exposure

Gave Handout

Oral Care, Did Dad, Mom, or siblings have cavities in their primary teeth? ( ) Yes ( ) No

Reviewed by: \_\_\_\_\_

Ht:

Date:

Wt:

Head:

## 6 Month Visit

Babies at this age are the best. Everything they see and do is so exciting for them. You should feel like they are amazing you each and every day!

### Development

1. At this age your baby should be vocalizing more and more, bear some weight on his legs, roll over both ways and hold his head steady when pulled up to a sitting position.
2. Crying and fearfulness when confronted by someone outside the household (stranger anxiety) is a normal behavior at this age and can be very distressing to relatives and even Dads! This is a normal sign of a healthy baby.
3. Teething may begin about this time. Unless you see the tooth, which may be red and swollen as it comes in, it's unlikely that your child is teething. All babies chew and drool at this age! Use acetaminophen (Tylenol) for teething discomfort. Remember that a fever (100.5 degrees rectally or greater) is NEVER caused by teething. Read the handout to learn more.
4. Remember to set aside special alone time with your spouse and your other children.
5. Putting your infant to bed awake but sleepy encourages the development of independent, healthy sleeping habits. Sleep should be locked in by now and very predictable.

### Injury Prevention

1. Continue to use a rear-facing car seat until your child is two years old.
2. Childproof your home. If you did not receive a childproofing handout at the four-month visit, please ask for one. Your baby's ability to move is fast approaching, so get ready now!
3. Limit infant walker use. Never use them around stairs.
4. Do not leave your infant on a bed or couch unattended. Use the playpen or crib when you cannot be present. Go ahead and lower your crib mattress if it is adjustable.
5. Use gates on staircases.
6. Keep your infant away from plastic wrappers, plastic bags, and balloons.
7. Never leave your baby unattended in even an inch of water and never leave a bucket of water sitting around the house. Get in the habit of closing the toilet as well.
8. Remember to keep a closer eye on your infant in someone else's home. Choking hazards are everywhere.
9. Sunscreen is appropriate to use at six months, but it is no substitute for umbrellas, floppy hats, sunglasses, and rash guards. Always avoid the heat of the day.

### Nutrition

1. If not already started, solid foods could be added to the diet at this age. Remember to go slowly, but follow your baby's lead. As he enjoys food more and more, follow these cues to increase the amount he eats at each meal.
2. Soft finger foods may be started and the baby may even begin attempting to use his own spoon!
3. A sippy cup may be offered for water, but at this age, it's really only for practice purposes. No juice!
4. Continue breast milk or formula until one year old. It is their main source of nutrition for the entire first year. Early introduction of cow's milk can cause anemia.
5. Start adding more highly allergenic foods to your baby's diet, especially peanut products (no NUTS to choke on though!!). Be sure to have some diphenhydramine (Benadryl) available just in case.

### Immunizations

6 month babies are ready for the flu shot. It is my strong recommendation that all children get the flu shot. Influenza is the most dangerous vaccine-preventable disease that you can protect your baby from. In my experience, I do not see an increased incident of fever when giving the flu shot with the other routine vaccines that your baby has done so well with so far. Your baby will need to return in one month to get a flu booster. This is only necessary the first year your baby gets the flu shot. Remember, the purpose of the flu shot isn't to keep your baby from getting sick but rather from keeping her from having a bad outcome from flu.

### Next Visit

Your next check-up is at 9 months of age. When we see her, she will be an expert sitter, have great hand and finger control, and will likely tear the paper on the exam table to pieces! No shots at this visit, but we will do a finger poke to check for anemia.

# Healthy Smiles

from the **Start**

## Dental Care Tips for Mom and Baby

The benefits of good dental health begin well before your baby is born so get an early start on a lifetime of healthy smiles by taking good care of your own mouth now.



## For Mom: Tips for Maintaining a Healthy Mouth During Pregnancy

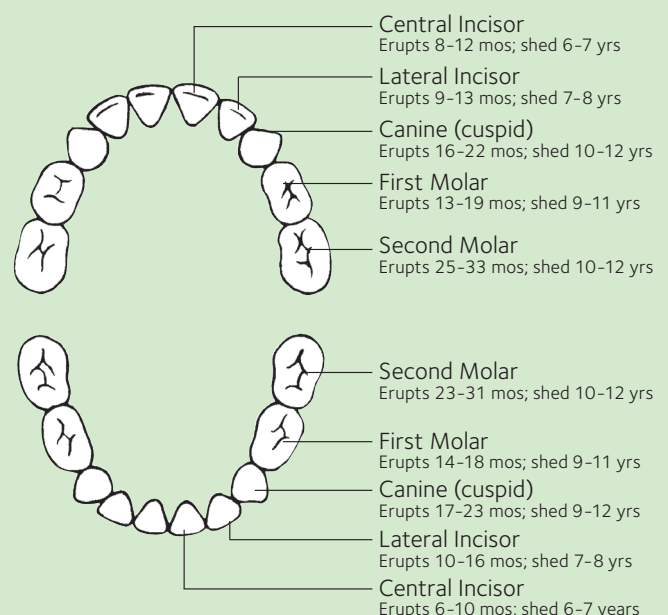
- Brush for two minutes, twice a day with fluoride toothpaste and floss every day.
- Eat healthy foods and follow your physician's advice about diet.
- When you need a snack, choose foods that are low in sugar and nutritious, such as raw fruits and vegetables, yogurt, or cheese.
- Visit your dentist. For most women, routine dental visits are safe during pregnancy.
- Tell your dentist that you are pregnant, about any changes you have noticed in your dental health and about any medications you are taking.
- Your dentist may recommend using a mouth rinse to help control plaque, a sticky substance on your teeth that contains bacteria and can cause gum disease.
- If you are vomiting frequently, try rinsing your mouth with a teaspoon of baking soda mixed with water instead of brushing your teeth directly after vomiting. When stomach acids repeatedly come into contact with teeth, it can cause tooth enamel to wear away.
- Drink plenty of water that contains fluoride.

## For Baby: It's Never Too Soon to Start Caring for Your Baby's Dental Health

A baby's 20 primary (baby) teeth are already present in the jaw at birth and usually begin coming through the gums around 4 to 6 months of age. Most children have a full set of 20 primary teeth by the time they are 3 years old. Tooth decay is the most frequent childhood disease, but it's also very preventable. The most common cause of tooth decay in young children is frequent, prolonged exposure of the teeth to sugary drinks. Here are some tips to avoid tooth decay:

- Put only plain water, formula, milk or breast milk in bottles. Avoid filling bottles with liquids such as sweetened water, fruit juice or soft drinks.
- Never put your baby to bed with a bottle. Even when it's breast milk or formula, it can still decay teeth.
- Use clean pacifiers — don't dip them in sugar or honey.
- Try not to share saliva with the baby by using the same spoon or licking a pacifier to clean it. Tooth decay can begin with cavity-causing bacteria being passed from the mother to the baby.
- Keep your baby's gums and teeth clean.

### Primary Teeth – Eruption Chart





## Tips to Clean Your Baby's Teeth

- Begin cleaning your baby's mouth during the first few days by wiping the gums with a clean, moist gauze pad or washcloth after each feeding.
- When your child's teeth begin to come in until age 3, brush the teeth gently twice a day with a child-size toothbrush and a very small amount of fluoride toothpaste around the size of a grain of rice.
- For children 3 to 6-years-old, brush their teeth twice a day with a pea-sized amount of fluoride toothpaste. Be sure they spit out the toothpaste.
- Until you're comfortable that your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a small amount of fluoride toothpaste. When your child has two teeth that touch, you should begin flossing their teeth daily.

As soon as your child's first tooth appears, it's time to schedule a dental visit. The ADA recommends that the first dental visit take place within six months after the first tooth appears, but no later than a child's first birthday. Don't wait for them to start school or until there's a dental emergency.

Getting into a routine early will put your baby on the right path to a healthy smile from the start.

## Enter to Win a \$100 Gift Card!

Simply complete the online survey at [MouthHealthy.org/healthysmiles](http://MouthHealthy.org/healthysmiles) and you'll be entered to win a \$100 gift card to Babies "R" Us. One winner will be randomly selected each month through December 31, 2016.

*Thank you* to the following sponsors for providing funding for Healthy Smiles from the Start

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For more information about taking care of your mouth and teeth, visit [MouthHealthy.org](http://MouthHealthy.org), the ADA's website just for patients.

**Mouth Healthy™**