

Name:  
Date of Birth:  
Pronouns:

Family History:  
Risk Factors:

Allergies:

		Age 6	Age 7	Age 8	Age 9
Date					
Measurements <small>(use WHO growth charts)</small>	Wt BMI				
	Ht BMI percentile				
Specific Concerns					
Psychosocial history and Development	o School & Activities				
	o Peer relationships				
	o Family relationships				
	o Poverty Screen				
	o Sleep Issues				
	o Body changes				
	o Menstrual issues ♀				
Education & Advice:					
Nutrition		Active healthy living	Behaviours and Habits	Injury Prevention And Safety	
<ul style="list-style-type: none"> <li>o Refer to <a href="#">Canada's Food Guide</a></li> <li>o <b>Eat a variety of vegetables and fruits daily</b></li> <li>o <b>Choose whole grains</b></li> <li>o <b>Eat protein daily. Consume plant-based proteins more often.</b></li> <li>o <b>Choose mostly unsaturated rather than saturated fats</b></li> <li>o <b>Water is the beverage of choice.</b></li> <li>o Avoid sugar-sweetened beverages and diet drinks</li> <li>o Family meal-time and home-cooked meals can promote healthy eating</li> <li>o Ask about supplements and CAM</li> <li>o Vitamin D – through diet or supplement (400IU)</li> </ul>		<ul style="list-style-type: none"> <li>o Refer to <a href="#">CSEP guidelines</a></li> <li>o <b>Daily physical activity (PA)</b> 60 min Include vigorous PA for 60 min. ≥ 3 days/week</li> <li>o Include muscle and bone strengthening ≥ 3 days/week</li> <li>o <b>Stay active</b> - several hours of light physical activity/day, limit sitting for extended periods</li> <li>o <b>Screens</b> - <i>no more than 2 hrs per day of recreational screen time, less is better</i></li> <li>o <b>Sleep</b> - 9 to 11 hours/d – ages 6 to 13 years</li> </ul>	<ul style="list-style-type: none"> <li>o Ask about safe media use, TV and Internet</li> <li>o Hearing Protection</li> <li>o Effective Discipline &amp; Positive parenting</li> <li>o <b>Dental care, fluoride</b></li> <li>o Substances &amp; Addictions <ul style="list-style-type: none"> <li>o Alcohol</li> <li>o Tobacco</li> <li>o Cannabis</li> <li>o Other</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>o Refer to <a href="#">Parachute Canada</a></li> <li>o <b>Helmet safety</b></li> <li>o <b>Vehicle Safety</b> (see local laws) <b>Booster seat: ≥ 18 kg (40 lbs)</b> <b>Rear Seat: ≥ 145 cm (57 in)</b> <b>and check fit of lap &amp; shoulder belts</b></li> <li>o <b>Violence &amp; Firearms</b></li> <li>o Trampoline Safety</li> <li>o Water Safety</li> <li>o <i>Sun Safety</i></li> <li>o <i>Smoke and Carbon Monoxide Detectors</i></li> <li>o Environmental Hazards –</li> <li>o incl. <b>Second Hand Smoke</b></li> </ul>	
Examination	Blood Pressure				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating				
	Skin				
Assessment					
Immunization	Update immunizations: <b>DTaP-IPV (age 4-6)</b> <b>MMR (2<sup>nd</sup> dose by age 6)</b> <b>HPV (ages 9 and older)</b> <b>Varicella vaccine-2 doses (12mos to 12 years)</b> Discuss Men B Discuss flu & COVID vaccinations Consider TB test				
Medications					
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	Signature				