

Name:  
Date of Birth:  
Pronouns:

Family History:  
Risk Factors:

Allergies:

		Age 6	Age 7	Age 8	Age 9
<b>Date</b>					
<b>Measurements</b> <small>(use WHO growth charts)</small>	<b>Wt</b>	<b>BMI</b>			
	<b>Ht</b>	<b>BMI percentile</b>			
<b>Specific Concerns</b>					
<b>Psychosocial history and Development</b>	<input type="checkbox"/> School & Activities				
	<input type="checkbox"/> Peer relationships				
	<input type="checkbox"/> Family relationships				
	<input type="checkbox"/> <i>Poverty Screen</i>				
	<input type="checkbox"/> Sleep Issues				
	<input type="checkbox"/> Body changes				
	<input type="checkbox"/> Menstrual issues ♀				

**Education & Advice:**

Nutrition	Active healthy living	Behaviours and Habits	Injury Prevention And Safety
<ul style="list-style-type: none"> <li>Refer to <a href="#">Canada's Food Guide</a></li> <li><b>Eat a variety of vegetables and fruits daily</b></li> <li><b>Choose whole grains</b></li> <li><b>Eat protein daily. Consume plant-based proteins more often.</b></li> <li><b>Choose mostly unsaturated rather than saturated fats</b></li> <li><b>Water is the beverage of choice.</b></li> <li>Avoid sugar-sweetened beverages and diet drinks</li> <li>Family meal-time and home-cooked meals can promote healthy eating</li> <li>Ask about supplements and CAM</li> <li>Vitamin D – through diet or supplement (400IU)</li> </ul>	<ul style="list-style-type: none"> <li>Refer to <a href="#">CSEP guidelines</a></li> <li><b>Daily physical activity (PA)</b> 60 min Include vigorous PA for 60 min. <math>\geq 3</math> days/week Include muscle and bone strengthening <math>\geq 3</math> days/week</li> <li><b>Stay active</b> - several hours of light physical activity/day, limit sitting for extended periods</li> <li><b>Screens</b> - <i>no more than 2 hrs per day of recreational screen time, less is better</i></li> <li><b>Sleep</b> - 9 to 11 hours/d – ages 6 to 13 years</li> </ul>	<ul style="list-style-type: none"> <li>Ask about safe media use, TV and Internet</li> <li>Hearing Protection</li> <li>Effective Discipline &amp; Positive parenting</li> <li><b>Dental care, fluoride</b></li> <li>Substances &amp; Addictions               <ul style="list-style-type: none"> <li>Alcohol</li> <li>Tobacco</li> <li>Cannabis</li> <li>Other</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Refer to <a href="#">Parachute Canada</a></li> <li><b>Helmet safety</b></li> <li><b>Vehicle Safety</b> (see local laws) <b>Booster seat: <math>\geq 18</math> kg (40 lbs)</b> <b>Rear Seat: <math>\geq 145</math> cm (57 in) and check fit of lap &amp; shoulder belts</b></li> <li><b>Violence &amp; Firearms</b></li> <li>Trampoline Safety</li> <li>Water Safety</li> <li><i>Sun Safety</i></li> <li><i>Smoke and Carbon Monoxide Detectors</i></li> <li>Environmental Hazards – 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					

<b>Assessment</b>					
<b>Immunization</b>	Update immunizations: <b>DTaP-IPV (age 4-6)</b> <b>MMR (2<sup>nd</sup> dose by age 6)</b> <b>HPV-9 (one dose ages 9 to 20)</b> <b>Hep B (infant vaccination or 2 doses from 9 to 12 years old)</b> <b>Varicella vaccine-2 doses (12mos to 12 years)</b> Discuss Men B Discuss flu & COVID vaccinations Consider TB test				
<b>Medications</b> <small>©A.Greig 2025</small>					
	Signature				