



**mymagical**  
DEVELOPMENT AND HEALTH  
**RECORD**



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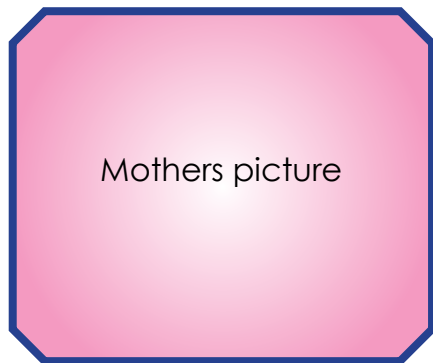
# About my birth

My name is \_\_\_\_\_ I'm a (gender) \_\_\_\_\_

I was born on the (day) \_\_\_\_\_ of (month) \_\_\_\_\_

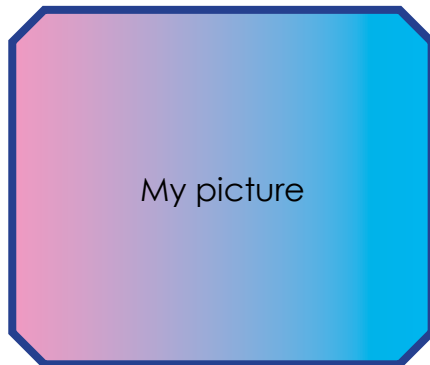
at (time) \_\_\_\_\_ at (place) \_\_\_\_\_

My birth weight was \_\_\_\_\_ kg. I was \_\_\_\_\_ cm long and my head was \_\_\_\_\_ cm

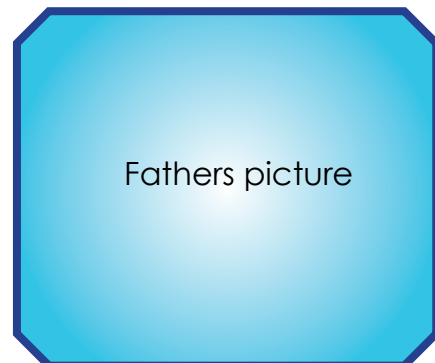


Mother's picture

Name \_\_\_\_\_



My picture



Father's picture

Name \_\_\_\_\_

# About my birth

## Maternity Information

My mother's Gravida \_\_\_\_ Para \_\_\_\_  
My mother's Blood Group \_\_\_\_\_

## Pregnancy complications:

Labour was spontaneous / induced Reason: \_\_\_\_\_  
Type of birth: Normal Caesarean Breech Assisted Delivery: \_\_\_\_\_  
Post-partum issues: \_\_\_\_\_

## Neonatal Information

Gestational age at delivery: \_\_\_\_ weeks. APGAR scores at: 1 min \_\_\_\_ 5 min \_\_\_\_ 10 min \_\_\_\_  
Vitamin K injection given at \_\_\_\_ thigh  
Hepatitis B injection given, location: \_\_\_\_ thigh. Hepatitis B given? Y / N  
Blood group \_\_\_\_ Coombs: \_\_\_\_\_  
Issues at birth and at hospital: \_\_\_\_\_  
\_\_\_\_\_

## Discharge information for home

Feeding: \_\_\_ Breast \_\_\_ Formula Discharge weight: \_\_\_\_\_ kg Discharge length: \_\_\_\_\_ cm  
Discharge Head Circumference \_\_\_\_\_ cm.

# My first newborn exam

PHYSICAL EXAM	DATE OF EXAM			
Vital Signs	T:	HR:	RR:	BP:
GENERAL APPEARANCE				
SKIN				
HEAD				
EYES				
ENT				
NECK				
CHEST				
LUNGS				
HEART				
ABDOMEN				
GENITALIA				
ANUS				
TRUNK-SPINE				
EXTREMITIES				
NEURO / REFLEXES				

# My medical history

Allergies	

## Medical Problems

Date	Diagnosis	Treatment

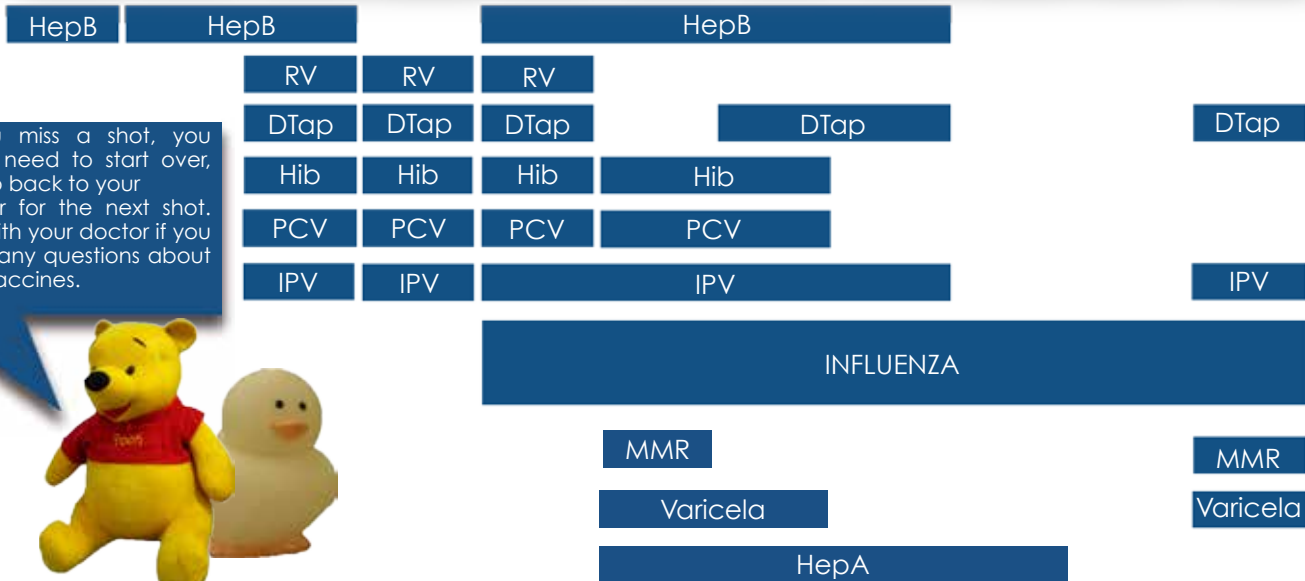
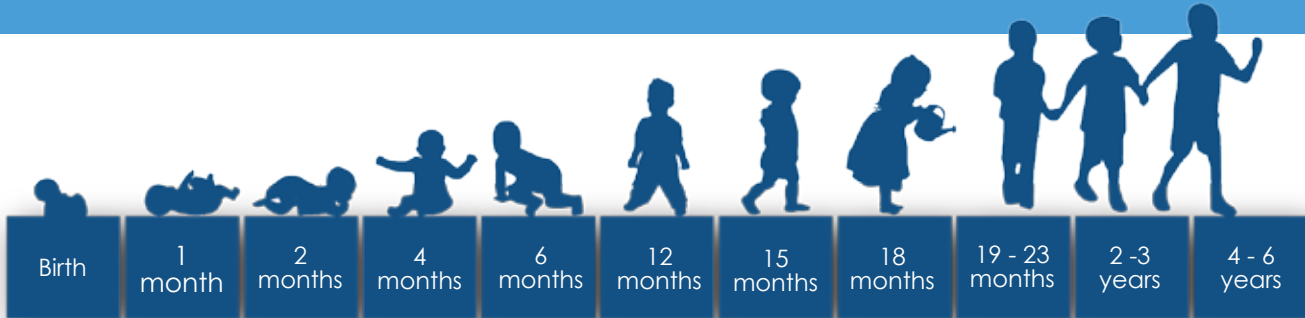
# My medical history



## Medical Problems

Date	Diagnosis	Treatment

# My vaccines



If you miss a shot, you don't need to start over, just go back to your doctor for the next shot. Talk with your doctor if you have any questions about the vaccines.





# My vaccines

Vaccine	Disease	
HepA	Hepatitis A	Two doses of HepA vaccine are needed for lasting protection. Children and adolescents who haven't had HepA vaccine should be vaccinated against HepA
HepB	Hepatitis B	
RV	Rotavirus	
DTap	Pertussis, Diphtheria	
Hib	Haemophilus influenzae	
PVC	Pneumococcal	
IPV	Polio	
Influenza	Flu	Two doses of influenza (flu shot) apart are recommended for children aged 6 months through to 8 years if getting a flu vaccine for the first time.
MMR	Rubella, mumps, measles	
Varicella	Chickenpox	

# My hearing

Please check if I can:

	YES / NO
Hear a loud noise from birth	
Is aware of voices by 2 months	
Search for sound with eyes by 4 months	
Respond to sound by turning head by 6 months	

If not able to do any of the list above notify your doctor



# My hearing

Date	Testing done	Result			
	OAE AABR	Left ear		Right ear	
	OAE AABR	Left ear		Right ear	
	OAE AABR	Left ear		Right ear	

**P** = Pass

**R** = refer for further testing

**D** = Decline

**N** = no test



# My growth charts

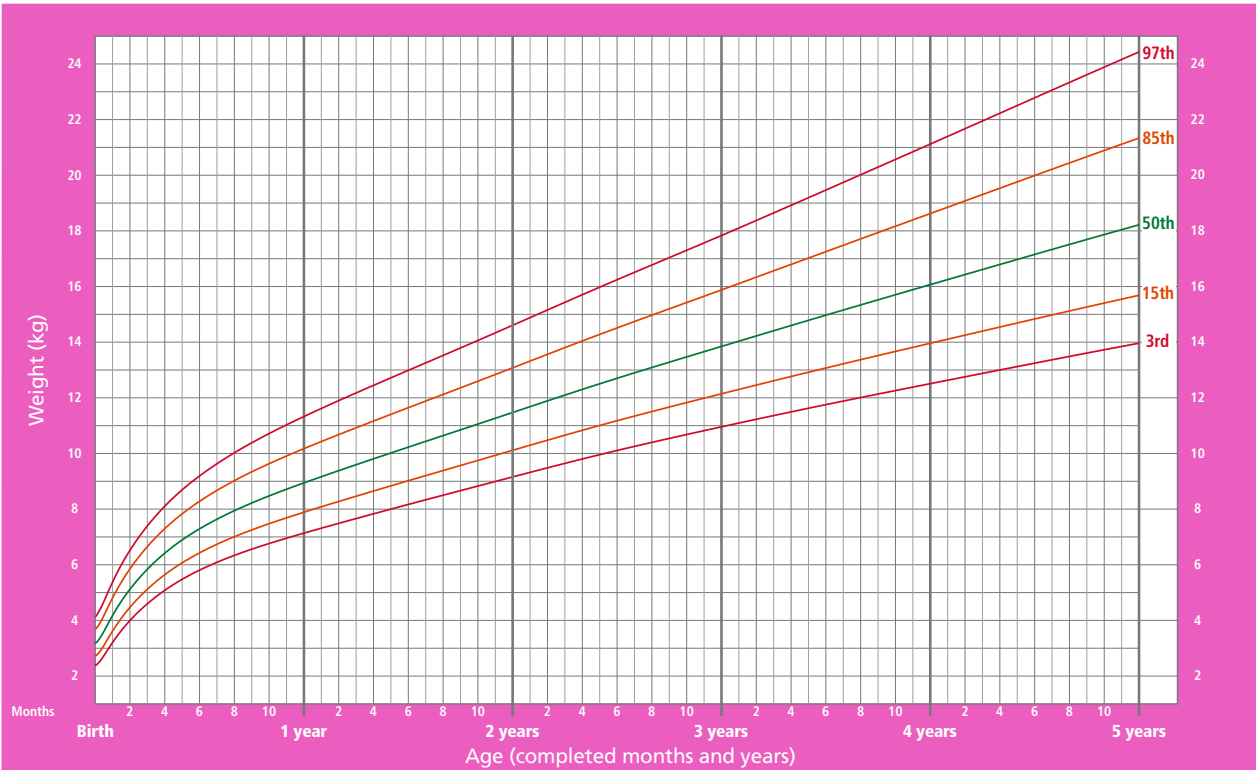
My growth parameters include weight, height, head circumference, and body mass index (BMI). These measurements are the most important determinants of health, as they can give information about nutrition, illness, and even genetics. The World Health Organization has spent years determining methods to make it easier for parents and health professionals to monitor child growth. The WHO standards are based on breast-fed babies, as Breastfeeding is the healthiest for babies. The measurements are based on percentiles. Percentiles are measurements that show where your child's growth is compared with other children of the same age. For example, if the child is in the 50th, it means that 50% of children of the same age are heavier, while the other 50% are lighter than the child.



# My growth charts

## Weight-for-age GIRLS

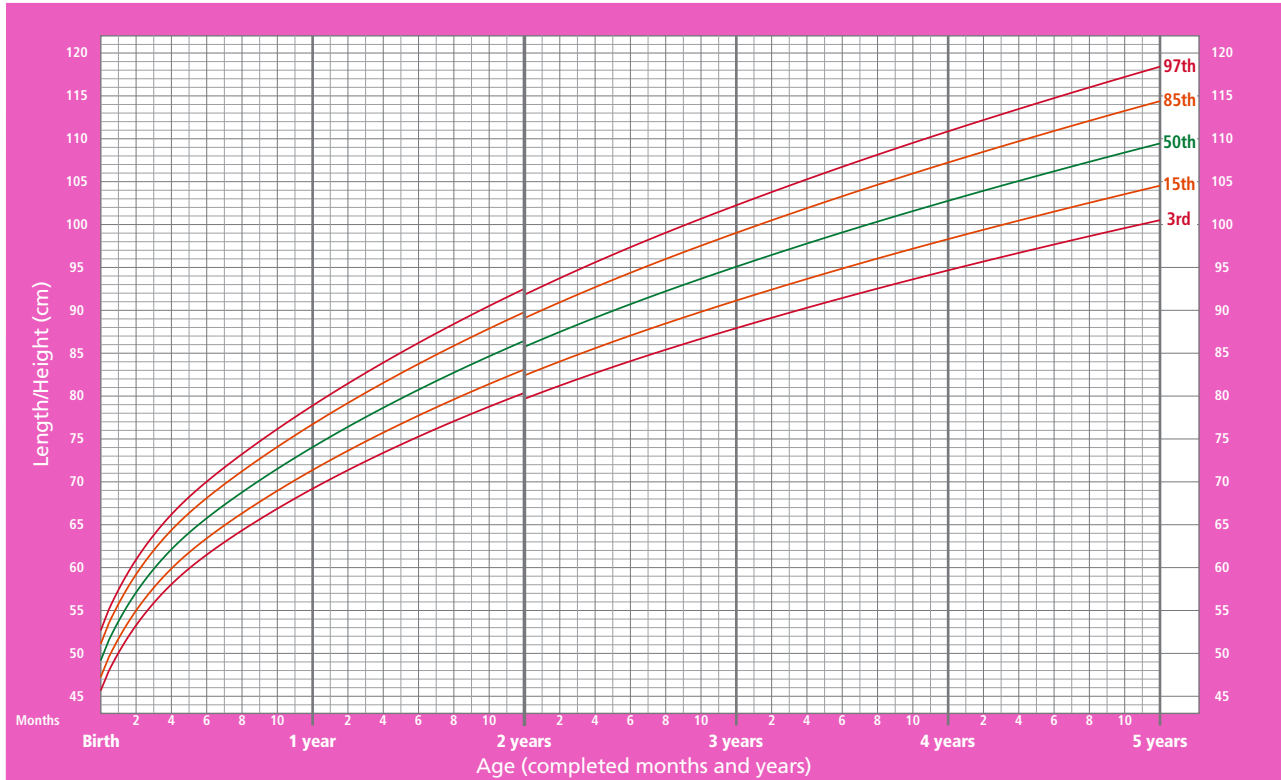
Birth to 5 years (percentiles)



# My growth charts

## Length/height-for-age GIRLS

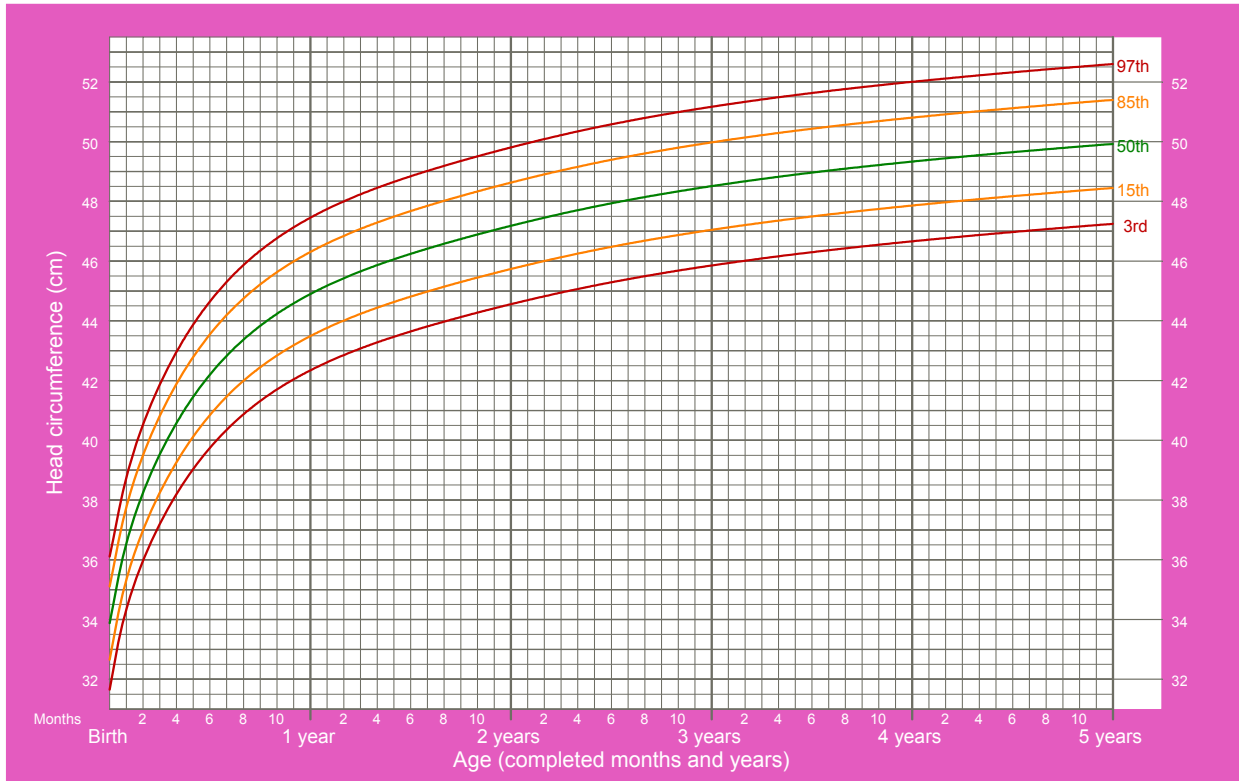
Birth to 5 years (percentiles)



# My growth charts

## Head circumference-for-age GIRLS

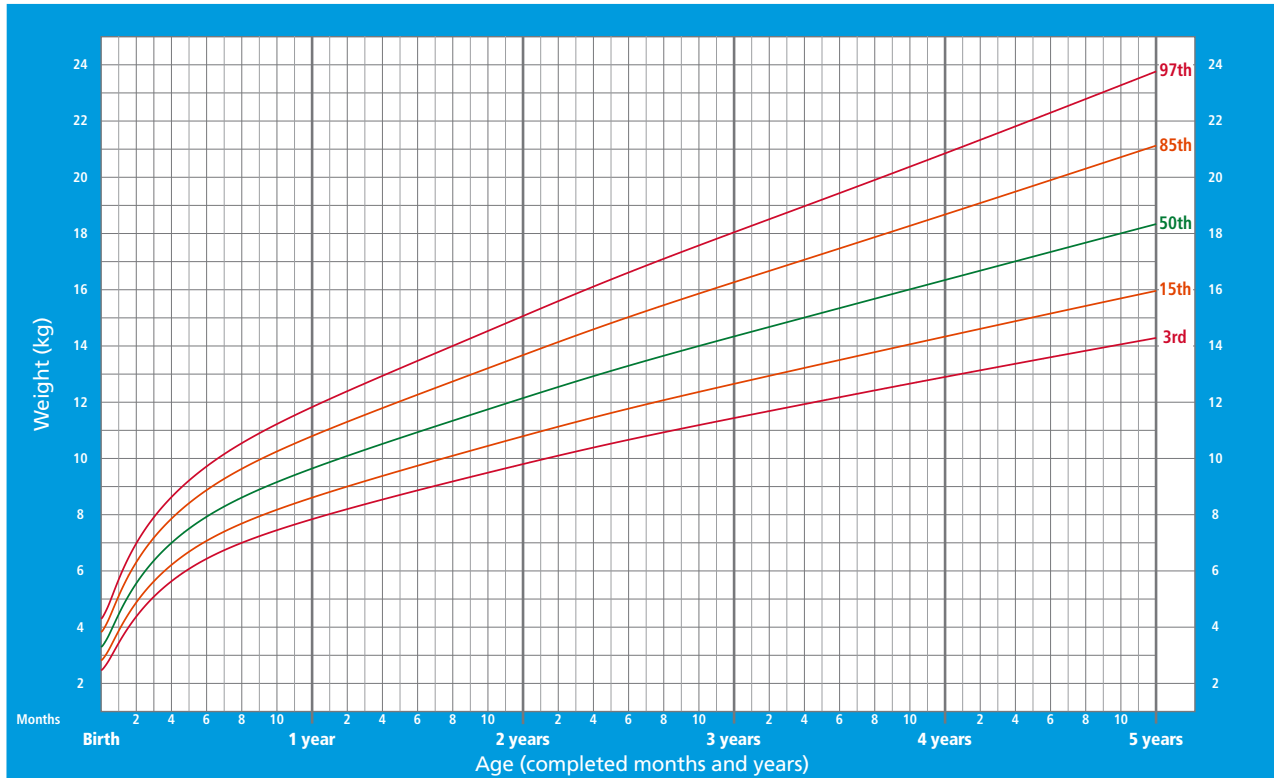
Birth to 5 years (percentiles)



# My growth charts

## Weight-for-age BOYS

Birth to 5 years (percentiles)

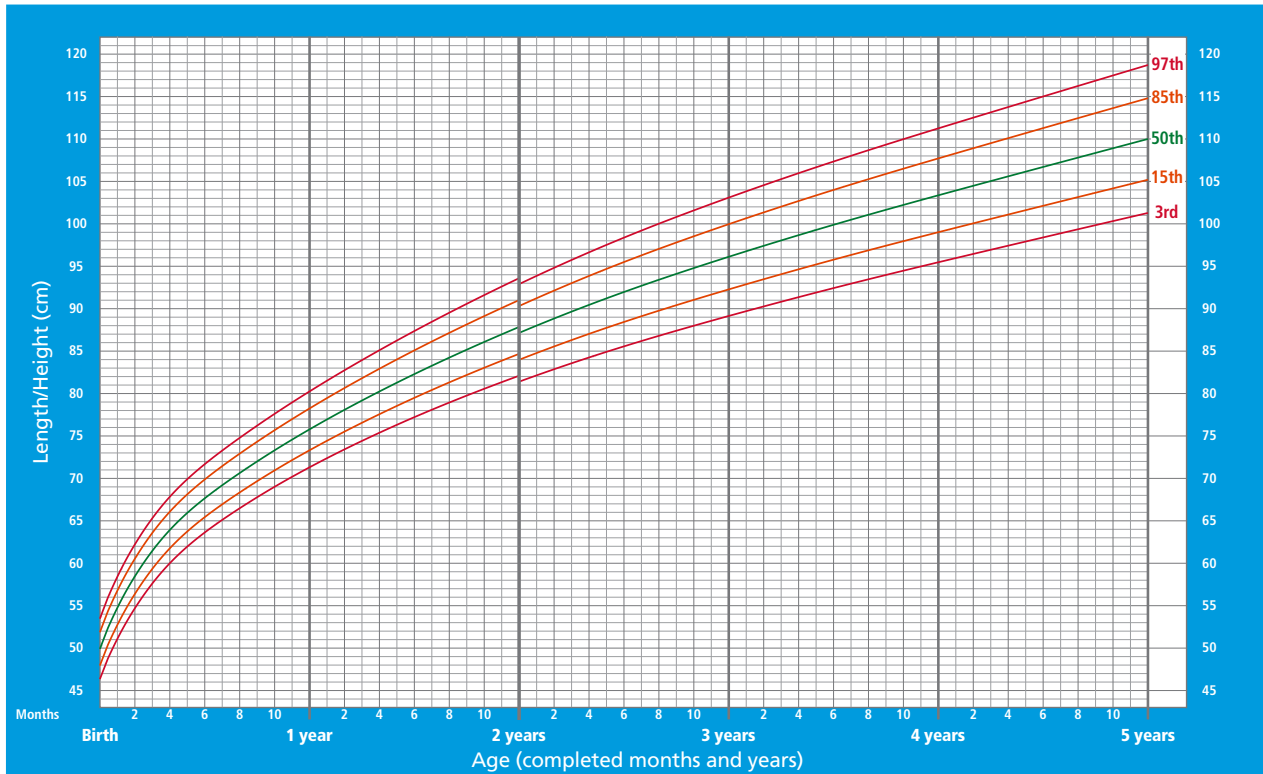




# My growth charts

## Length/height-for-age BOYS

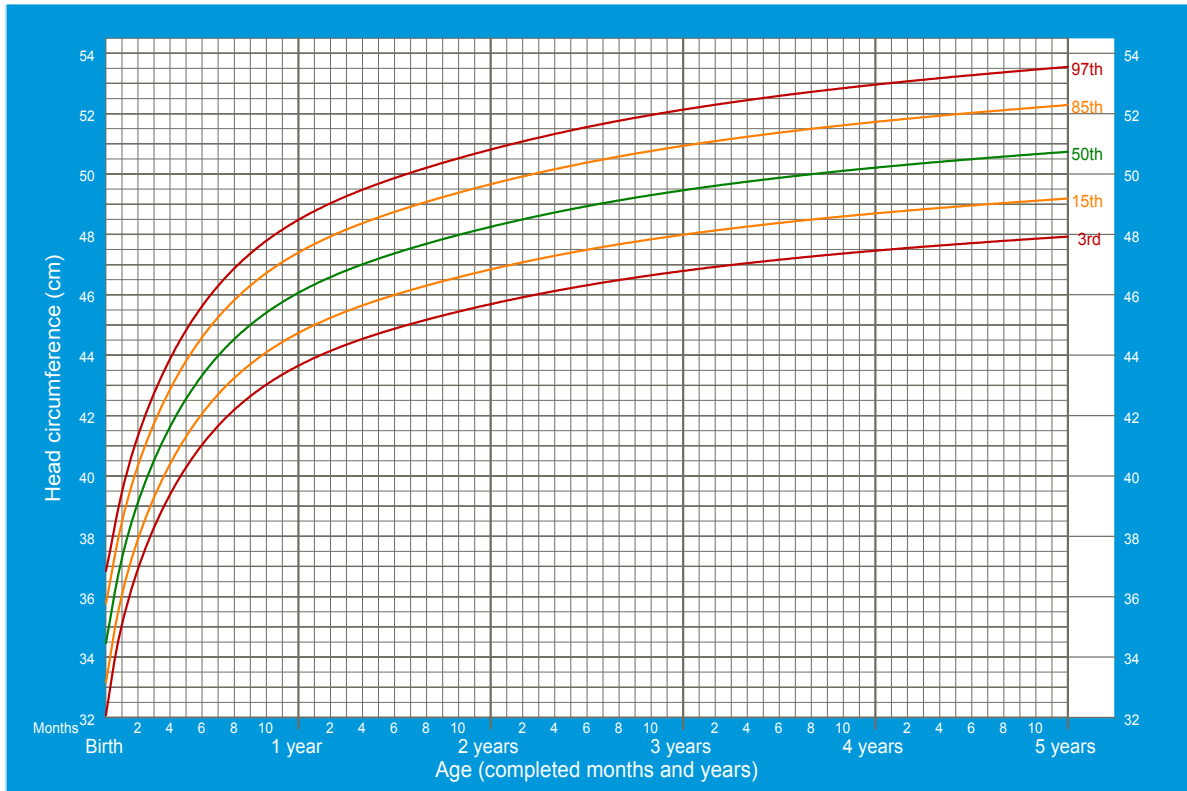
Birth to 5 years (percentiles)



# My growth charts

## Head circumference-for-age BOYS

Birth to 5 years (percentiles)



# My communication and language skills

Babies (0 to 12 months)	Toddlers (12 months to 3 years)	Preschooler (3 years to 6 years)
Make different cries for hunger and pain (1 to 5 months)	Wave bye-bye (12 to 15 months)	Take turns when talking with others (36 to 50 months)
Laugh (2 to 3 months)	Point or gesture to show what he or she wants (12 to 19 months)	Use "I", "me", and "mine" (36 to 50 months)
Babbling or baby sounds to people (4 to 7 months)	Point to simple body parts such as nose or belly when asked (15 to 22 months)	Understand some "time" words such as "morning", "afternoon", "today", "tomorrow" (36 to 50 months)
Look for family or pets when named (6 to 8 months)	Use 15 or more words, name some objects and talk more clearly (17 to 21 months)	Use 6 word sentences with mostly correct grammar (42 to 54 months)
Make a sound to get attention (7 to 8 months)	Enjoy nursery rhymes and try to sing simple songs (18 to 23 months)	Speak clearly enough to be understood by anyone (4 years old)
Recognize his/her name (9 months)	Use a name to refer to himself or herself (24 months)	Use language when playing with other children (4 to 5 years old)
Respond to simple requests like "where is the ball?" (9 to 15 months)	Follow 2-step instructions (18 to 24 months)	Talk about things that are happening, have happened or might happen (5 to 6 years)
Move to music (12 months)	Put 2 words together in a sentence (24 months)	Explain why something happens (5 to 6 years)
Talk to self when alone (12 months)	Say how objects are used, e.g. a cup for drinking (2 to 3 years)	Follow 3-step directions (5 to 6 years)
Use 1 clear word with a meaning e.g. "mama" or "dada" (15 months)	Enjoy telling stories and reading favorite books (2 to 3 years)	Say how he/she feels (5 to 6 years)

# My motor skills as I learn to move

Babies (0 to 12 months)	Toddlers (12 months to 3 years)	Preschooler (3 years to 6 years)
Kick legs well ( 0 to 3 months)	Kneel on the floor (11 to 13 months)	Jump off 2 steps and land with feet together (3 to 5 years)
Lifts head up when lying on tummy (0 to 3 months)	Walk backwards (12 to 24 months)	Climb on play equipment (3 to 4 years)
Lifts head and shoulders when lying on tummy (2 to 4 months)	Walk alone without support (13 to 15 months)	Balance on either leg for 3 seconds (3 to 4 years)
Lying on back and play with feet ( 6 months)	Bend over to pick up a toy without falling over (16 to 23 months)	Hop 3 times on 1 foot (36 to 50 months)
Pull self around using forearms while lying on tummy (5 to 7 months)	Kick a ball forward (18 to 25 months)	Run fast outdoors avoiding obstacles (36 to 50 months)
Roll over from back to tummy (6 to 8 months)	Jump with both feet off the ground at once (22 to 30 months)	Jump over low objects without falling (36 to 50 months)
Sits unsupported (8 to 9 months)	Catch a large ball with both hands (24 to 26 months)	Kangaroo hop with 2 feet together (36 to 54 months)
Crawl forward or shuffling on his/her bum (8 to 10 months)	Pedal a bike or pedal toy (24 to 26 months)	Walk down stairs alternating feet (36 to 54 months)
Pulls up holding onto furniture (6 to 11 months)	Walk upstairs alternating feet (24 to 30 months)	Run to kick a medium-sized ball (40 to 50 months)
Move around holding onto furniture (9 to 13 months)	Get up from kneeling without using hands for support (24 to 32 months)	

# My motor skills using my hands

Babies (0 to 12 months)	Toddlers (12 months to 3 years)	Preschooler (3 years to 6 years)
Uses both arms equally (0 to 2 months)	Puts a round piece back in a simple puzzle (12 to 15 months)	Holds a pencil with finger and thumb (36 to 54 months)
Looks at hands (2 to 3 months)	Uses pointer finger to show what he/she is looking at (12 to 16 months)	Pours liquids from a small container (36 to 54 months)
Reaches for a toy and holds it briefly (4 to 5 months)	Stacks 2 blocks/objects on one another (12 to 16 months)	Puts on shoes and socks without help (42 to 48 months)
Shakes a rattle (4 to 8 months)	Puts an object or water from 1 container to another (18 to 24 months)	Strings 10 to 12 small beads (44 to 50 months)
Transfers a toy from 1 hand to the other (5 to 7 months)	Scribbles in circles (20 to 24 months)	Copies a ladder and square (48 to 56 months)
Practices dropping objects (8 to 10 months)	Feeds self without help (24 to 28 months)	Uses child-safe scissors to cut out shapes (48 to 60 months)
Bangs objects together (8 to 12 months)	Use child-safe scissors with adult supervision (24 to 36 months)	Washes face and hands without help (50 to 60 months)
Pokes with pointing finger (9 to 12 months)	Draws a circle, cross (36 months)	Begins writing letters of his/her name (52 to 60 months)
Finger and thumb pincer grasp (10 to 12 months)	Screws and unscrews bottles/jars (24 to 36 months)	Draw a recognizable face (5 years)
	Builds tower of 8 blocks (36 months)	

# My thinking and cognitive skills

Babies (0 to 12 months)	Toddlers (12 months to 3 years)	Preschooler (3 years to 6 years)
Gets upset if toy is taken away (2 to 5 months)	Uses a cup without help (15 to 18 months)	Knows proper place for own things (30 to 52 months)
Plays with tissue paper (2 to 6 months)	Does puzzles of 1 to 3 pieces (15 to 22 months)	Knows opposites (36 to 60 months)
Begins to hold a spoon (4 to 5 months)	Opens doors (17 to 19 months)	Takes the middle block from a line of 5 blocks (4 to 5 years)
Picks up a toy and places into mouth (4 to 7 months)	Takes off shoes and socks (18 to 20 months)	Correctly repeats a 4 digit number (46 to 50 months)
Holds 2 objects at once (6 to 8 months)	Points to at least 4 body parts on a doll or stuffed animal (20 to 24 months)	Counts 10 blocks while pointing to each without mistakes (48 to 60 months)
Finds a hidden toy or object (7 to 11 months)	Asks for things he/she wants (24 to 26 months)	Gives a reason why an object doesn't belong with the others (54 to 60 months)
Identifies self in the mirror (7 to 10 months)	Understands "big", "high", "long", "under", "over", "on top", and "around" (30 to 40 months)	Places 4 pictures in order/sequence (54 to 60 months)
Holds 3 blocks at once (10 to 11 months)	Counts to 4 from memory (36 to 40 months)	Finds 2 objects in a picture and connects them with a line (56 to 62 months)
Picks up and drinks from a lidded and closed cup without help (10 to 14 months)	Names 6 different colours (40 to 48 months)	
	Counts 4 blocks pointing to each block in order (40 to 48 months)	

# My social skills

Babies (0 to 12 months)	Toddlers (12 months to 3 years)	Preschooler (3 years to 6 years)
Smiles back at someone smiling (1 to 2 months)	Plays pretend games, e.g. helping with chores or talking on the phone (18 to 28 months)	Separates from parents without crying (36 to 54 months)
Keeps hold of a toy playfully pulled away (3 to 6 months)	Wants to do everything themselves even if he/she isn't able (20 to 26 months)	Understands the meaning of right and wrong (42 to 50 months)
Lifts arms when about to be picked up (5 to 9 months)	Shows what he/she likes and doesn't like (20 to 26 months)	Dresses and undresses self, but not zips (44 to 65 months)
Gets upset when separated from familiar people (6 to 10 months)	Starts to undress and to help dressing self (21 to 24 months)	Eats different types of foods (48 to 56 months)
Joins in games such as peek-a-boo (8 to 10 months)	Begins to play cooperatively with other children (22 to 26 months)	Uses the toilet independently (48 to 56 months)
Likes being cuddled (8 to 10 months)	Learns to share toys (24 to 30 months)	Remains calm if change or disappointment occurs and no remedy is possible (49 to 55 months)
Only likes familiar people to feed, dress, change, or comfort (8 to 12 months)	Learns to be more aware of safety (24+ months)	Attends to a task for 10 minutes without supervision (49 to 60 months)
Shows interest in what other people are doing (10 to 12 months)	Says name when asked (28 to 32 months)	Have special friends to play with (50 to 60 months)
	Knows own gender as boy or girl (32 to 36 months)	Behaves according to the peer group in structured situations (50 to 60 months)
	Says own age (42 to 46 months)	







# My doctor visits

DATE	AGE	NOTES





# My doctor visits

DATE	AGE	NOTES

# My health team contact details

Doctor:		Phone:	
Doctor:		Phone:	
Doctor:		Phone:	
Clinic / hospital:		Phone:	
Clinic / hospital:		Phone:	
Ambulance		Phone:	
Pharmacy		Phone:	
Medical Aid			

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