

COMPONENTS OF WELL CHILD ASSESSMENTS

HEALTH PARAMETER	AGES FOR ASSESSMENT
Height, Weight	Every visit, from birth – 16 years of age
Head circumference	Ever visit in the first 2 years
Growth chart plotting	Every visit
Eye assessment	Every visit in first year of life
Strabismus assessment	Every visit in first year of life
Development assessment	Every visit
Sexual development	Every visit
Nutrition counseling	Every visit
Parenting counseling	Every visit
OTHER AREAS	
Immunizations	According to schedule @ 2, 4, 6, 12, 18 months. 4 – 6 and 14 – 16 years
Haemoglobin	Screen at 6 – 12 months
Safety counseling	Every visit
Speech assessment	Every visit
Blood pressure	Once in first 2 years, once at 4 – 5 years, during school age years where indicated.
Visual acuity testing	Snellen chart at 3 – 5 years and later as indicated.
Dental assessment	Every visit as appropriate
Chemical abuse	Consider for children > 8 years

If child is young, then examination can be conducted with the child either being held by parent/caregiver, or supported on the person's lap.

Start first with the least stressful parts of the examination with the more intrusive or distressing areas last. Remember, the order of the exam must be varied to suit the child's situation.

Ensure you have the appropriate size equipment.

Length and weight should be part of every health assessment along with head circumference and recorded on the appropriate growth chart.

Assess developmental milestones with each health assessment. These include:

Smile	1 month
Sit	7 months
Vocal Babble	9 months
Pull to stand	9 – 10 months
Pincer Grasp	12 months
Walks alone	13 months
3 or 4 words	18 months
Hand preferences	18 months
Many words	24 months

In addition, some attempts should be made to assess responses to sound and ability to see.