



Timing of Well Baby Visits

- Within 1 week
- 2 weeks *
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months*
- 12-13 months
- 15 months*
- 18 months
- 2-3 years
- 4-5 years

*optional

HISTORY

First Visit

- Pregnancy
- Birth
- Risk Factors
- FMHx (including siblings)
- SoHx

In addition to questions listed under serial visits

Serial Visits

- **Caregiver concerns**
- Nutrition
- Bowel & Bladder
- Developmental inquiry
- Sleep
- Immunizations
- Safety

PHYSICAL EXAM

- **VITALS**
 - **GROWTH:** plotted on growth charts, monitor for crossing of percentiles, failure to thrive, obesity
 - **GENERAL:** alertness, activity, dysmorphic features
 - **HEENT:** fontanelles, eyes (red reflex, corneal light reflex), neck/torticollis, plagiocephaly
 - **CVS:** heart sounds, murmurs, perfusion, femoral pulses
 - **RESP:** breath sounds, work of breathing
 - **ABDO:** softness, distention, HSM, masses
 - **GI/GU:** external genitalia, testes, patent anus
 - **MSK:** hips, spine, joint ROM
 - **NEURO:** muscle tone, reflexes
 - **DERM:** skin (jaundice, rashes, bruising, birthmarks)
- Age-specific physical exam at each visit.*

NUTRITION

Breastfeeding

- Frequency
- Recommended until 6mo
- Supply & feeding challenges

Formula

- How much, how often
- Calculate TFI

Solids

- Introduce from 4-6mo
- Don't delay introducing allergenic foods (eggs, fish, peanut butter)
- No honey or cow's milk until 1 year of age

Vitamin D

- 400-800 units daily

Iron

- Supplement in premature babies until 1y due to inadequate stores

EDUCATION & ADVICE

Injury Prevention

- Car seats
- Safe sleep and SIDS education
- Falls
- Toxic ingestions
- Firearm safety
- Childproofing the home

Behavior & Family Issues

- Poverty & food insecurity
- Physical activity, sedentary time, screen time
- Reading
- Child-care
- Discipline & parenting skills

Environmental

- Water safety
- Bug spray & sunscreen (>6mo)
- Smoke & CO detectors
- 2nd hand smoke



DEVELOPMENT

Screen for skills in the following domains (milestones vary from child to child):

- Gross Motor
- Fine Motor
- Speech & Language
- Cognitive
- Social/ Emotional



RED FLAGS: failing to meet milestones (requires further assessment), regression

INVESTIGATIONS, SCREENING & IMMUNIZATIONS

Investigations/Screening

Universal

- Newborn screening
- Hearing screen

Based on Risk

- Anemia
- Transmission of bloodborne infections
- Risk factors for TB

Immunizations

- According to local schedule

To find out more, visit the [Rourke Baby Record Website](http://www.roukebabyrecord.com)

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