

Name _____

Age _____ Weight _____ Length _____



At Today's Visit

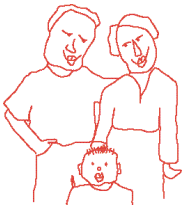
- You and your health professional will have an opportunity to talk about your toddler's growth and development.
- Your health professional will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler will receive one or more immunizations: hepatitis; DTaP; Hib; polio; MMR; chickenpox. Ask your health professional about them.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- Progress in weaning from bottle to cup.
- Child care arrangements.
- Time for yourself.
- Your toddler's temperament.
- Setting limits and managing behavior.
- Changes in your family since your last visit.
- Some things your toddler likes to do.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Lower your toddler's crib mattress.
- Look for hazards at your toddler's level (stairs, cords, cabinets, windows).
- Eat healthy meals together as a family.
- Wash your hands and your toddler's frequently, especially after diapering and before meals.
- Discourage hitting, biting, or aggressive behavior.
- Avoid putting your toddler to bed with a bottle.
- Encourage use of a cup.
- Give your toddler individual attention.
- Create opportunities for safe exploration and physical activity.

- Read and sing to your toddler.
- Talk with your toddler about what you are seeing and doing together.
- Help your toddler express joy, anger, sadness, fear.

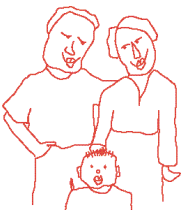
How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your toddler's eating, sleeping, and social behaviors.
- Update your toddler's health and immunization records.
- Observe your toddler's progress in developing language and physical skills.
- Talk with family members and your toddler's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your toddler will have a physical examination.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler will receive one or more immunizations.

Notes:



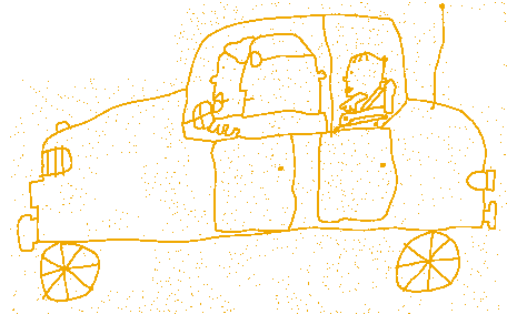
Name _____

Age _____ Weight _____ Length _____



At Today's Visit

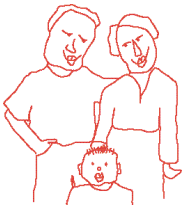
- You and your health professional will have an opportunity to talk about your toddler's growth and development.
- Your health professional will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler will receive one or more immunizations: hepatitis; DTaP; polio; chickenpox. Ask your health professional about them.
- You will have an opportunity to ask questions.



Things You May Want to Discuss During This Visit

- Your toddler's playmates (neighborhood, playgroup, child care).
- Some of your toddler's favorite activities.
- Your toddler's progress in walking and talking.
- How to deal with anger or frustration (yours and your toddler's).
- Your toddler's behavior.
- Household rules and discipline.
- Changes in your family since your last visit.
- Some things your toddler can do now that he couldn't do at the last visit.
- Any other topics you may want to discuss.

Notes:



Name _____

**Things to Keep in Mind Between Now and the Next Visit**

- Allow your toddler to experiment with food, eat with her hands and with utensils, and drink from a cup.
- Brush your toddler's teeth with a soft toothbrush and water only.
- Praise your toddler for good behavior and accomplishments.
- Keep "time out" and other discipline brief; reassure your toddler once negative behavior has stopped.
- Do things together as a family, but keep family outings short and simple.
- Look around your home to be sure that it is childproofed.
- Talk to your health professional about how to handle falls, cuts, bites, bleeding, and broken bones.
- Let older children have toys and objects that they don't have to share.
- Think about your child care arrangements and how they meet your family's needs.

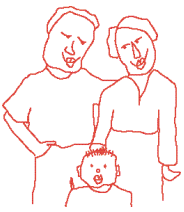
How to Prepare for the Next Visit

- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your toddler's eating, sleeping, and social behaviors.
- Be prepared to discuss discipline issues such as temper tantrums and setting limits.
- Bring in questions about toilet training.
- Bring in questions or concerns about chronic health problems such as ear infections or frequent colds.
- Talk to your toddler about the next visit with the health professional, including the physical exam, immunizations, and other procedures.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your toddler will have a physical examination.
- You will be asked about your toddler's possible exposure to lead and your family's history of heart disease.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler may receive one or more immunizations.

**Notes:**



Name _____

Age _____ Weight _____ Height _____

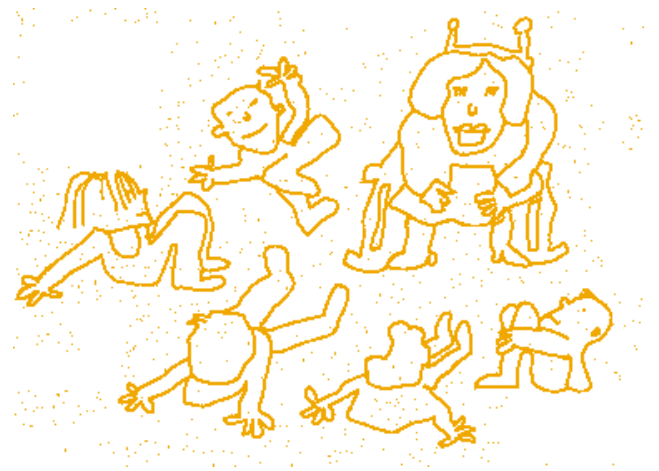


At Today's Visit

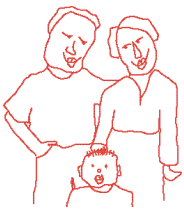
- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- You will be asked about your child's possible exposure to lead and your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- Questions or concerns about toilet training.
- Your child's eating and sleeping habits.
- How your child communicates.
- Issues about discipline, setting limits.
- Dealing with temper tantrums.
- Changes in your family since your last visit.
- Some things your child enjoys doing.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Continue to place your child in a safety seat in the back seat each time she rides in the car.
- The back seat is the safest place for children of all ages to ride.
- Supervise your child closely, especially around water, pets, streets, driveways, or lawnmowers.
- Give your child healthy foods and allow experimentation, but do not force him to eat.
- Keep the number of your local poison control center handy. Obtain a bottle of ipecac syrup and use it only when the poison control center or your health professional tells you to.
- Expect normal curiosity about body parts and use correct terms.
- Begin toilet training when your child is ready.
- Take time to play with your child. Focus on activities she is interested in and enjoys.
- Become informed about community programs such as preschool and early intervention programs.

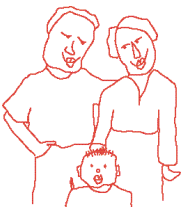


How to Prepare for the Next Visit

- Think about ways to make your next visit even better.
 - Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
 - Be prepared to give updates on your child's eating habits and possible food allergies.
 - Prepare questions about possible chronic health problems or developmental concerns.
 - Talk with family members and your child's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.
 - Fill out and bring in preschool health forms for the health professional to complete.
 - Share ideas with the health professional about community resources that you have found useful.

What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child's vision and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.



3 YEAR VISIT

Date: _____

Name _____

Age _____ Weight _____ Height _____

Bright Futures



At Today's Visit

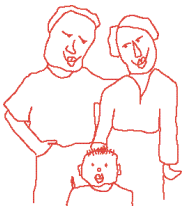
- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.
- You will have an opportunity to ask questions.



Things You May Want to Discuss During This Visit

- Questions or concerns about toilet training.
- Your child's ability to feed and dress himself.
- New words and phrases your child has recently learned.
- Arrangements for child care, preschool, or early intervention programs.
- Your child's ability to understand and follow some specific rules.
- Changes in your family since your last visit.
- Some things your child can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.

Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Help your child wash his hands after toileting and before eating.
- Keep hazards out of your child's reach (medicines, hot liquids, matches, poisons, guns, cords).
- Know where your child is at all times. Teach her not to talk to strangers.
- Do not expect young siblings to supervise your child.
- Teach your child to brush his teeth with a pea-size amount of fluoridated toothpaste.
- Expect normal curiosity about body parts and use correct terms.
- Praise your child, and encourage her to talk with you.
- Spend individual time with your child. Read together.
- Limit TV and video viewing to less than 1 hour a day. Watch programs with your child and discuss them together.
- Be sure that playgrounds are safe and carefully maintained.
- Help siblings learn how to resolve problems and handle their anger.

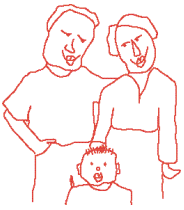


How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Update your child's health and immunization records.
- Bring in reports from preschool, child care, or early intervention programs.
- Talk with your child about the next visit with the health professional, including the physical exam, immunizations, and other procedures.
- Talk with family members and your child's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child will receive one or more immunizations.



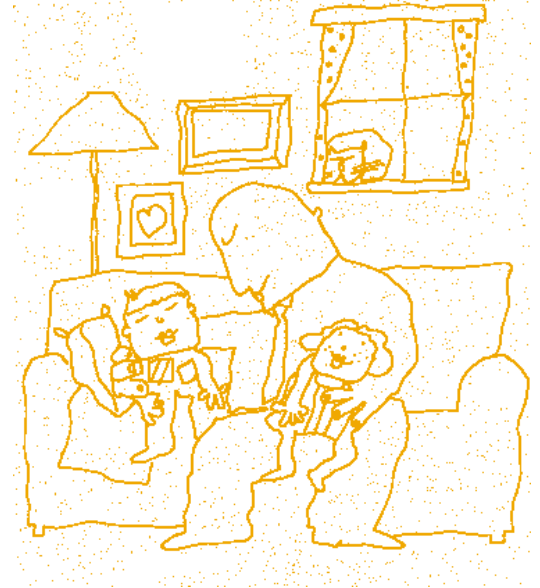
Name _____

Age _____ Weight _____ Age _____ Height _____



At Today's Visit

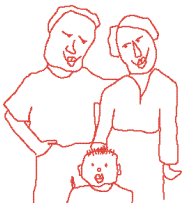
- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child will receive one or more immunizations: DaTP; polio; MMR. Ask your health professional about them.
- You will have an opportunity to ask questions.



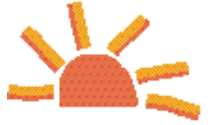
Things You May Want to Discuss During This Visit

- Your child's interest in playing with other children and making friends.
- Your child's growing sense of independence.
- How things are going at your child's preschool or child care program.
- Ways to help siblings resolve problems and deal with their anger.
- Changes in your family since your last visit.
- Some things your child enjoys doing.
- Any other topics you may want to discuss.

Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Switch to a belt-positioning booster seat if your child weighs more than 40 pounds. Place lap and shoulder belt across your child in the back seat.
- Praise your child for her cooperation and accomplishments.
- Provide opportunities for your child to help with household chores.
- Teach your child how to be safe near water, at playgrounds, and around strangers.
- Discourage thumbsucking, and intervene if necessary.
- Reinforce limits. Remove the source of conflict and use time out.
- Eat meals as a family. Help your child learn about food with stories and songs.
- Expect normal curiosity about body parts and answer questions.
- Listen to your child; show respect and interest in his activities.



How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child's eating, sleeping, and social behaviors.
- Plan a special trip for you and your child to visit her elementary school and meet the kindergarten teachers.
- Fill out and bring in school health forms for the health professional to complete.
- Talk with your child about the next visit with the health professional, including the physical exam, immunizations, and other procedures.
- Talk with family members and your child's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your child will have a physical examination and will be asked to give a urine sample.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child will receive one or more immunizations.



5 YEAR VISIT

Date: _____

Name _____

Age _____ Weight _____ Height _____

Bright Futures



■ = For the parent ★ = For the child

At Today's Visit

- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination and will be asked to give a urine sample.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's possible exposure to lead.
- You will be asked about your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child will receive one or more immunizations: DTaP; polio; MMR. Ask your health professional about them.
- You and your child will have an opportunity to ask questions.



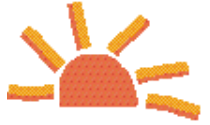
Things You May Want to Discuss During This Visit

- ★ What you think about going to school.
- ★ What you like to do for fun.
- Preparing your child for school and meeting the teachers.
- Arrangements for before-school and after-school care.
- Changes in your family since your last visit.
- Some things your child can do now that he couldn't do at the last visit.
- Any other topics you may want to discuss.

Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Talk with your child about how to be safe (near strangers, on the playground, crossing streets, in the school bus or car, riding a bike).
- Continue to use a belt-positioning booster seat. The back seat is the safest place for your child to ride.
- Teach your child emergency phone numbers and home safety rules.
- Limit TV and video viewing to about 1 hour a day. Watch programs with your child and discuss them together.
- Provide healthy food choices for meals and snacks. Encourage conversation at mealtime.
- Talk with your dentist about dental sealants for your child's teeth as her permanent molars erupt.
- Teach your child family rules, respect for authority, and right from wrong.
- Read together with your child. Play with him and show affection.
- Expect your child to start being curious about sex, and answer her questions using correct terms.
- Prepare your child for school, tour the school together, and meet the teachers.

How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your child's eating, sleeping, and social behaviors.
- Fill out and bring in school health forms for the health professional to complete.
- Encourage your child to think about things he may want to talk about with the health professional. Help your child learn about the health visit process.
- Share ideas with the health professional about community resources that you have found useful.
- Keep a list of topics you would like to discuss at your next visit.



What to Expect at the Next Visit

- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- You will be asked about your child's exposure to lead and your family's history of heart disease.
- Your child may have a blood test.
- Your child may have a test for tuberculosis.
- Your child may receive one or more immunizations.