

Name _____

Age _____ Weight _____ Height _____

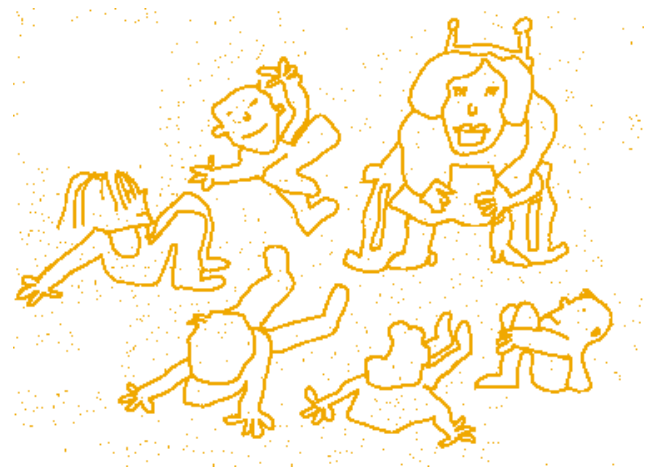


At Today's Visit

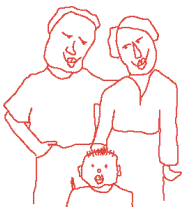
- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- You will be asked about your child's possible exposure to lead and 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

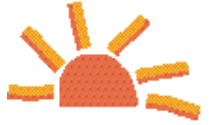
- Questions or concerns about toilet training.
- Your child's eating and sleeping habits.
- How your child communicates.
- Issues about discipline, setting limits.
- Dealing with temper tantrums.
- Changes in your family since your last visit.
- Some things your child enjoys doing.
- Any other topics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