



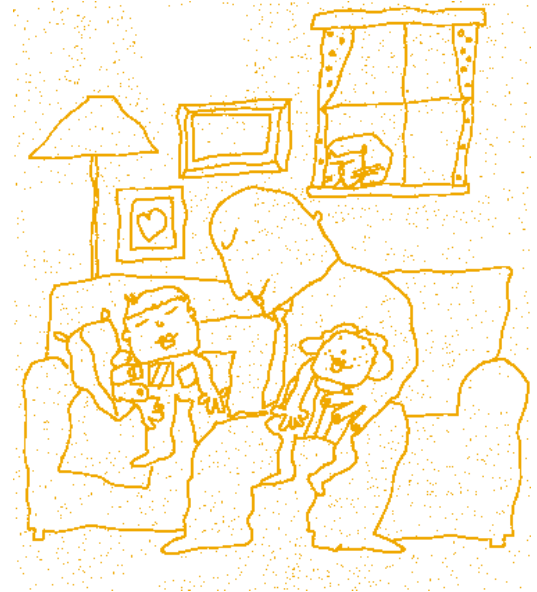
Name _____

Age _____ Weight _____ Age _____ Height _____



At Today's Visit

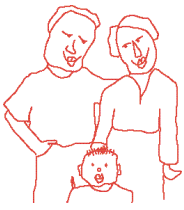
- You and your health professional will have an opportunity to talk about your child's growth and development.
- Your health professional will ask for an update on your child's health.
- Your child will have a physical examination.
- Your child's vision, hearing, and blood pressure will be checked.
- 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.