

WELL CHILD EXAM-EARLY CHILDHOOD: 24 Months

DATE

PATIENT NAME				DOB		SEX		PARENT NAME			
Allergies						Current Medications					
Prenatal/Family History						Chief Complaints					
Weight	Percentile	Length	Percentile	HC	Percentile	BMI	Temp.	Pulse	Resp.	BP	
	%		%		%						

Interval History:
(Include injury/illness, visits to other health care providers, changes in family or home)

Nutrition

- Grains _____ servings per day
- Fruit/Vegetables _____ servings per day
- Whole Milk _____ servings per day
- Meat/Beans _____ servings per day
- City water Well water Bottled water
- WIC** Y N

Elimination

- Normal Abnormal

Sleep

- Normal (8 – 12 hours) Abnormal
- Additional area for comments on page 2

Screening and Procedures:

- Oral Health Risk Assessment
- Lead level _____ mcg/dl (required for Medicaid)
- Subjective Hearing -Parental observation/ concerns
- Subjective Vision -Parental observation/ concerns
- Autism Screening** Completed
- RESULTS:** No Risk At Risk

Developmental Surveillance

- Social-Emotional Communicative
- Cognitive Physical Development

Psychosocial/Behavioral Assessment

- Y N

Screening for Abuse

- Y N

If Risk:

- IPPD _____ (result)
- Hct or Hgb _____ (result)
- Dyslipidemia _____ (result)
- Labs _____

Immunizations:

- Immunizations Reviewed, Given & Charted
- if not given, document rationale
(Refer to AAP Guidelines)
- Impactis (OH registry) updated

Patient Unclothed Y N

Review of Systems		Physical Exam		Systems
N	A	N	A	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	General Appearance
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Skin/nodes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Head/fontanel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eyes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ears
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Nose
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Oropharynx
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Gums/palate/teeth
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neck
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lungs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Heart/pulses
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abdomen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Genitalia
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spine
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremities/hips
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neurological

Abnormal Findings and Comments

(see additional note area on next page)

Results of visit discussed with parent Y N

Plan

- History/Problem List/Meds Updated
- Fluoride Varnish Applied
- Referrals
 - WIC Help Me Grow
 - Children Special Health Care Needs
 - Transportation Dentist
 - Other _____
- Other _____

Anticipatory Guidance/Health Education
(√ if discussed)

Safety

- Teach child to wash hands, wipe nose w/tissue
- Limit screen time, watch programs together
- Appropriate car seat placed in back seat
- Pool/tub/water safety
- Use bike helmet
- Childproof home - (hot liquids/pots, window guards, cleaners, medicines, knives, guns)
- Supervise near pets, mowers, streets
- Supervise play, ensure playground safety
- Parents use of seat belts

Nutrition/physical activity

- Eat meals as a family
- 3 nutritious meals, 2-3 healthy snacks
- Let toddler decide what/how much to eat
- Family physical activity
- Physical activity in a safe environment

Oral Health

- Dental appointment
- Brush teeth w/fluoridated toothpaste

Child Development and Behavior

- Listen to and respect your child
- Reinforce limits, be consistent
- Begin toilet training when child is ready
- Hug, talk, read, and play together
- Model appropriate language
- Encourage self-expression, choices
- Praise good behavior and accomplishments
- Use positive discipline

Family Support and Relationships

- Don't expect toddler to share all toys
 - Help child express emotions
 - Substance Abuse, Child Abuse, Domestic Violence Prevention, Depression
 - Discuss child care, play groups, preschool, early intervention programs, parenting
- Other Anticipatory Guidance Discussed:
-

Next Well Check: 30 months of age

An autism screening tool should be administered at the 24 month visit. For M-Chat autism screening tool, go to: <http://www.firstsigns.org/downloads/m-chat.PDF>

Developmental Questions and Observations on Page 2

Provider Signature: _____

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Developmental Questions and Observations

An autism screening tool should be administered at the 24 month visit. If a standardized developmental screening was not completed at 18 months or the child is unlikely to return for a 30 month visit, the standardized screen should occur at the 24 month visit.

Ask the parent to respond to the following statements about the toddler:

Yes No

 Please tell me any concerns about the way your toddler is behaving or developing

- My toddler likes to be with me.
- My toddler is interested in people, places and things.
- My toddler smiles, laughs, protests and says, "No".
- My toddler uses 2-3 word phrases.
- My toddler eats a variety of foods.
- My toddler can stack 5-6 blocks.
- My toddler can kick a ball.

Ask the parent to respond to the following statements:

Yes No

- I have people who help me when I get frustrated with my toddler.
- I am enjoying my time with my toddler.
- I have time for myself, partner and friends.
- I feel safe with my partner.

Provider to follow up as necessary

Developmental Milestones

Always ask parents if they have concerns about development or behavior. A standardized autism screening tool should be administered at the 24 month visit (Medicaid required-Tool Used: _____). If a standardized developmental screening was not completed at 18 months or the child is unlikely to return for a 30 month visit, the standardized screen should occur at the 24 month visit. For M-Chat autism screening tool, go to: <http://www.firstsigns.org/downloads/m-chat.PDF>. In addition, the following should be observed:

Toddler Development			Parent Development		
Understands two step verbal commands	Yes	No	Appropriately disciplines toddler	Yes	No
Imitates adults	Yes	No	Positively talks, listens, and responds to toddler	Yes	No
Vocabulary of at least 50 words	Yes	No			
Uses words to communicate with others	Yes	No	Parent is loving toward toddler.	Yes	No
Points to 6 named body parts (nose, eyes, ears, mouth, hands, feet, tummy, hair)	Yes	No	Uses words to tell toddler what is coming next	Yes	No
Avoids eye contact and touch	Yes	No			
Often fearful and irritable	Yes	No			

Please note: Formal developmental examinations are recommended when surveillance suggests a delay or abnormality, especially when the opportunity for continuing observation is not anticipated. (*Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*)

Additional Notes from pages 1 and 2:

Staff Signature: _____ Provider Signature: _____

Your Child's Health at 24 Months

Milestones

Ways your child is developing between 2 and 2 ½ years of age.

- May not want to do what parent wants; says, "NO" often
- Likes to explore
- Shows feelings and is playful with others
- Jumps in place, kicks a ball
- Uses short 3 – 4 word phrases
- Can point to 6 body parts
- May have fears about unexpected changes
- Begins to play with other children
- Is able to feed and dress self
- Plays "make believe" games with dolls and stuffed animals

For Help or More Information:

Safe Gun Storage Information:

Call 1-202-662-0600 or go to www.usa.safekids.org

For help finding childcare:

Bureau of Child Care and Development -800.886.3537
<http://www.odjfs.state.oh.us/cdc/query.asp>

Social Support Services: Contact the local county Department of Job and Family Services Healthchek Coordinator

For information about lead screening:

Medicaid Consumer Hotline-800.324.8680

Poison Prevention:

Call the Poison Control Center at 1-800-222-1222

If you're concerned about your child's development:

Contact Help Me Grow at 1-800-755-GROW (4769) or at www.ohiohelpmegrow.org/.

Parenting skills or support:

Call Cooperative Extension for classes-614. 688.5378

Support for families of children with special health care needs:

Bureau for Children with Medical Handicaps, ODH
1-800-755-4769 (Parents). Visit the Website at:
<http://www.odh.ohio.gov/odhPrograms/cmh/cwmh/bcmh1.aspx>

Domestic Violence hotline:

National Domestic Violence Hotline - (800) 799-SAFE (7233) or online at www.ndvh.org

National Safe Kids Campaign: 1-202-662-0600 or www.safekids.org.

For information about childhood immunizations:

Call the National Immunization Program Hotlines at 1 (800) 232-4636 or online at <http://www.cdc.gov/vaccines>.

Health Tips:

Are your child's shots up to date? Ask your child's doctor or nurse about a flu shot for your child.

Offer your child a variety of healthy foods every day. Limit junk foods. Eat meals together as a family as often as possible. Turn off the TV while eating together.

Brush your child's teeth at least once a day with a pea-sized amount of fluoride toothpaste. Make sure your child gets a dental checkup once a year.

Each child develops in her own way, but you know your child best. If you think she is not developing well, you can get a free screening. Call your child's doctor or nurse if you have questions.

Parenting Tips:

Take your child outside to play and help him enjoy active games like catch, tag, and hide-and-seek. Give your child simple toys to play with, like blocks, crayons and paper, and stuffed animals.

You may want your child to be toilet trained soon, but she may not be ready until about age 3. Your child will show you when she is ready by being dry after sleep and telling you when she wants to use the toilet.

Don't spank or yell at your child. Calmly, give your child something different to do. Use words to tell child when he or she is doing something good. Help children understand how they are feeling by naming the feeling.

When you are a parent you will be happy, mad, sad, frustrated, angry and afraid, at times. This is normal. If you feel very mad or frustrated:

1. Make sure your child is in a safe place and walk away.
2. Call a good friend to talk about what you are feeling.
3. Call Cooperative Extension for classes-614. 688.5378
4. Call 800.448.3000 or visit Boystown Parenting Hotline at (<http://www.parenting.org/hotline/index.asp>)

They will not ask your name, and can offer helpful support and guidance. The helpline is open 24 hours a day.

Safety Tips

- Keep cleaning supplies and medicine locked up and out of reach
- Always hold your child's hand while walking near traffic, including in parking lots. Check behind your car before backing up, in case a child is behind it
- If you have guns at home, keep them unloaded and locked up
- Put a life jacket on your child whenever they are near the water or in a boat. Always watch them around the water
- Keep matches and lighters out of reach