NUNAVUT WELL BABY RECORD

EVIDENCE BASED

EDUCATION AND ADVICE (similar topics for 9mth, 12mth & 15mth visits) 3 if discussed and no concerns Circle if concerns Leave blank if not assessed	<u>Nutrition</u>: Breastfeeding 1st introduction cow's milk products Homogenized milk [500 – 750mL (16 – 24 oz)/day] Avoid sweet liquids Encourage standard cup / discontinue bottle Only water at bedtime Nunavut's Food Guide Encourage country food Choking / safe food Vit. D supplementation & deficiency prevention (review NU protocol) Iron deficiency anemia prevention <u>Issues</u> Second hand smoke / Amauti Fever advice / Thermometers Pacifier use Encourage reading Environmental Health, including: Sun exposure / Suncreens & Insect repellent Pesticide exposure Serum lead if at risk Teething / Dental cleaning / Fluoride No OTC cough/cold medn OTC/complementary/alternative medicine Active healthy living / Screen time Footwear <u>Injury Prevention</u> Car seat (infant) / Amauti Carbon monoxide/Smoke detectors Choking / safe toys Childproofing, including: Electric plugs/cords Falls (stairs, no walkers, change table) Poisons; PCC# Firearm safety/removal Hot water <49°C Bath safety <u>Behaviour and Family Issues</u> Sleeping / Crying / Night waking Parenting / Bonding Soothability / Responsiveness Family conflict/stress High risk infants / Assess home visit need Siblings Refer to local community programs i.e. Wellness programs, CPNP Parental fatigue / Postpartum depression Childcare / Return to work

Physical Examination and Education & Advice: strength of recommendation based on literature review using Canadian Task Force on Preventative Health Care classification Good (bold type); [illegible]