



NUNAVUT WELL BABY RECORD

EVIDENCE BASED INFANT/CHILD HEALTH

MAINTENANCE GUIDE:

2-3 YEAR OLD

Surname		GivenName	
Date of Birth DD MM YYYY	M	F	Child HCP#:
Information Source (and relation)			
Contact Name (if different)		Contact Phone Number:	
Birth Mother HCP#		Home Community/Health Centre	
<u>Current Family</u>		Birth family	Adopted
Guardian care changed since 12 months old		Foster care	
Foster/Adopted Parents:			

PAST PROBLEMS/RISK FACTORS/FAMILY HISTORY: Age at Visit
 _____ yrs _____ mths

TB Exposure
 PARENT/GUARDIAN CONCERNS:

Height
 Sweetened drinks (crystal pop, etc.): Never < Once/week Once/week

Since your child was 12 months old:
 Were there times when the food for you and your family just did not last and there was no money to buy enough food?
 Never Sometimes Often Don't know/Refused
 Has your baby attended an early childhood care program? No Yes (specify): _____

DENTAL
 Teeth brushing frequency: < Daily Daily > Daily Oral assessment: Healthy Unhealthy
 Tooth extractions: No Yes Tooth decay (including white spots): No Yes

ENVIRONMENT Maternal Smoking: No Yes Amount (cig/day): _____

<p>EDUCATION AND ADVICE</p> <p>(similar topics for 18mth, 2 Yr & 4 Yr visits)</p> <p>3 if discussed and no concerns</p> <p>Circle if concerns</p> <p>Leave blank if not assessed</p>	<p><u>Nutrition:</u></p> <p>1% to 2% milk [~500mL (16oz)/day]</p> <p>Limit 100% pure juice to ~120-200mL (4-6 oz)/day</p> <p>Avoid sweet liquids</p> <p>Encourage country food</p> <p>Nunavut's Food Guide</p> <p>Vit. D deficiency prevention (review NU protocol)</p> <p><u>Issues</u></p> <p>Secondhand smoke/ Amauti</p> <p>No pacifiers</p> <p>Encourage reading</p> <p>Toilet learning</p> <p>Assess child care/ School readiness</p> <p>Socializing opportunities</p> <p>Environmental Health including:</p> <p>Sun exposure/Sun screens/Insect repellent</p> <p>Pesticide exposure</p> <p>Lead if at risk</p> <p>Dental cleaning/ Fluoride/ Dentist</p> <p>No OTC cough/cold medn</p> <p>Complementary/alternative medicine</p> <p>Active healthy living/ Screen time</p> <p><u>Injury Prevention</u></p> <p>Car seat (child/booster)/ Amauti</p> <p>Bike helmets</p> <p>Choking safety toys</p> <p>Carbon monoxide/Smoke detectors</p> <p>Matches</p> <p>Firearms safety/removal</p> <p>Water Safety</p> <p>Bath Safety</p> <p><u>Behaviour and Family Issues</u></p> <p>Discipline/ Parenting skills programs</p> <p>Parent/child interaction</p> <p>Family conflict/stress</p> <p>High risk children</p> <p>Siblings</p> <p>Parental fatigue/stress/depression</p>
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