

**HEALTH CENTER  
PEDIATRIC HEALTH MAINTENANCE**

DATE	2 WEEKS	DATE	4 MONTHS	DATE	12 MONTHS
_____	<i>Behavior/Growth</i>	_____	<i>Behavior/Growth</i>	_____	<i>Behavior/Growth</i>
_____	Growth assessment	_____	Growth Assessment	_____	Growth Assessment
_____	Prone, lifts head	_____	Head steady, sitting	_____	Pulls to standing
_____	Turns head side/side	_____	Eyes follow 180	_____	Stands holding on
_____	Sneezing	_____	Squeals	_____	Knows "Dada, Mama"
_____	Hiccoughs	_____	Grasps	_____	Thumbsucking
_____	Follows objects	_____	Rolls	_____	Walks with help
_____	<i>SAFETY</i>	_____	Reaches	_____	Holds cup to drink
_____	Sleeping position	_____	<i>DIET</i>	_____	Pat-a-cake
_____	Shaking	_____	<i>SAFETY</i>	_____	Minor discipline
_____	Falling	_____	Falls	_____	<i>SAFETY</i>
_____	<i>DIET</i>	_____	<i>GUIDANCE</i>	_____	Same as 9 Months
_____	Breast Feeding	_____	Teething	_____	<i>DIET</i>
_____	Formula	_____	URI treatment	_____	Milk-2% or more
_____	Vitamins	_____	Aspirate toys	_____	
_____	Fluoride	_____	Traveling	_____	<i>GUIDANCE</i>
_____	Stools	<b>DATE</b>	<b>6 MONTHS</b>	_____	Allow to feed self
_____	<i>GUIDANCE</i>	_____	<i>Behavior/Growth</i>	_____	Ipecac
_____	Spoiling	_____	Growth Assessment	_____	Poison Control
_____	Sibling rivalry	_____	No head lag - sitting	_____	Hct      Pb
_____	Rash	_____	Reaches for objects	<b>DATE</b>	<b>15 MONTHS</b>
_____	Circumcision	_____	Rolls both ways	_____	<i>Behavior/Growth</i>
_____	Cord	_____	Sits briefly	_____	Growth Assessment
_____	Protection	_____	Gums	_____	Stands alone
_____	Infection	_____	Peek-a-boo	_____	Walks holding
_____	Pacifier	_____	Discrim people	_____	Builds 2 block tower
_____	Car seats	_____	<i>SAFETY</i>	_____	Takes lids off containers
_____	Vaporizer	_____	Playpen	_____	Says "Mama, Dada" and 3 words
_____	Passive smoke	_____	Highchair	_____	Feeds self
<b>DATE</b>	<b>2 MONTHS</b>	_____	<i>DIET</i>	_____	Simple games
_____	<i>Behavior/Growth</i>	_____	<i>GUIDANCE</i>	_____	<i>SAFETY</i>
_____	Growth Assessment	_____	Arise/sleeps routine	_____	Child proof home
_____	Crying	<b>DATE</b>	Teething	_____	Matches
_____	Thumbsucking	_____	<b>9 MONTHS</b>	_____	Stove
_____	Coos	_____	<i>Behavior/Growth</i>	_____	Bathtub
_____	Follows objects	_____	Growth Assessment	_____	Teach hot/cold
_____	Laughs	_____	Sits without support	_____	Car seats
_____	Hold head erect	_____	Feeds self crackers	_____	<i>DIET</i>
_____	Responds to noise	_____	Looks for drop toys	_____	Table food
_____	<i>SAFETY</i>	_____	Wants to pull to standing	_____	Vitamins
_____	Falls	_____	<i>SAFETY</i>	_____	Sweets
_____	Bed	_____	No nuts, popcorn hard candy,	_____	<i>GUIDANCE</i>
_____	Pen	_____	Stair gate	_____	Temper Tantrums
_____	Smoke Detectors	_____	Water heater at 120	_____	Family play
_____	Schedule	_____	<i>DIET</i>	_____	Masturbation
_____	<i>DIET</i>	_____	Spoon/Cup	_____	Shoes
_____	<i>GUIDANCE</i>	_____	Junior/finger foods	_____	Bottle
_____	Where sleeps	_____	<i>GUIDANCE</i>	_____	No toilet training yet
_____	Reaction to immun.	_____	Decrease in appetite	_____	
_____	UV Radiation	_____	No spanking	_____	

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ CHART # \_\_\_\_\_ PCP: \_\_\_\_\_

**HEALTH CENTER**  
**PEDIATRIC HEALTH MAINTENANCE CONTINUED**

**NAME:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **CHART#** \_\_\_\_\_ **PCP:** \_\_\_\_\_

DATE	18 MONTHS	DATE	2 years, cont.	DATE	5 YEARS
_____	<i>Behavior/Growth</i>	_____	Pear play/TV	_____	<i>Behavior/Growth</i>
_____	Growth Assessment	_____	Discipline	_____	Growth Assessment
_____	Walks well	_____	Start toilet training	_____	Skips
_____	Cup - little spillage	_____	Exercises	_____	Draws square from copy
_____	Climbs	<b>DATE</b>	<b>3 YEARS</b>	_____	Knows a few colors
_____	Indicates wants by pointing & pulling	_____	<i>Behavior/Growth</i>	_____	Dresses/undresses
_____	Piles 3 cubes	_____	Growth Assessment	_____	Counts to 10
_____	Scribbles	_____	Goes up stairs	_____	Knows age
_____	Plays with bath toys	_____	alternating feet	_____	Knows ABCs
_____	Plays with balls	_____	Builds 20 cube tower	_____	<i>School Readiness</i>
_____	Likes action	_____	Knows age, name, sex	_____	Adequate IQ
_____	<i>SAFETY</i>	_____	Helps in dressing	_____	draw person test
_____	Street, cars	_____	Washes hands	_____	Physical maturity
_____	Refrigerator	_____	Balance 1 foot, 1 sec	_____	Behavior in groups
_____	Electrical outlets	_____	Large vocabulary	_____	B & B control
_____	Hot bath water	_____	Fast moving	_____	Visual & hearing tests
_____	Falling	_____	Very aware of peers	_____	Hyperactivity
_____	Tables and chairs	_____	Separates from Mom	_____	Speech, articulation
_____	<i>DIET</i>	_____	20 teeth	_____	Dental check-up
_____	3 Meals/day, snacks	_____	<i>SAFETY</i>	_____	<i>SAFETY</i>
_____	Soft drinks ?	_____	Street, cars	_____	<i>DIET</i>
_____	<i>GUIDANCE</i>	_____	Sharp objects	_____	<i>GUIDANCE</i>
_____	Negativism	_____	Caution - strangers	_____	
_____	Read to	_____	<i>DIET</i>	_____	
_____	Toilet Training	_____	<i>GUIDANCE</i>	<b>DATE</b>	<b>6 YEARS</b>
_____	Play ball with	_____	Role of father	_____	<i>Behavior/Growth</i>
		_____	B & B problems	_____	Growth Assessment
		_____	Preschool	_____	School Progress
		_____	Stuttering	_____	Classification
		_____	TV programs	_____	Achievement
		_____	Dentist	_____	Sports
		<b>DATE</b>	<b>4 YEARS</b>	_____	Peer relationships
_____	<i>Behavior/Growth</i>	_____	<i>Behavior/Growth</i>	_____	Attendance
_____	Growth Assessment	_____	Growth Assessment	_____	Correct diet
_____	Runs well	_____	Hops on 1 foot	_____	Bed times
_____	Walks up/down stairs	_____	Throws ball	_____	Discipline
_____	Builds 6 cube tower	_____	Counts 4 pennies	_____	Puberty progress
_____	Combines 2 words	_____	Tells stories	_____	Early sex education
_____	Handles spoon well	_____	Plays w several peers	_____	Smoking
_____	Plays hide & seek	_____	Recognize 3-4 colors	_____	Alcohol
_____	Loves romping	_____	Imitates adults	_____	Marijuana
_____	Follows directions	_____	<i>SAFETY</i>	_____	Establish ideal of confidentiality
_____	<i>DIET</i>	_____	Same as 3 years	_____	
_____	<i>SAFETY</i>	_____	Water safety	_____	
_____	Street dangers	_____	Swim lessons	_____	
_____	Cars	_____	<i>GUIDANCE</i>	_____	
_____	Knives	_____	Plays well with peers	_____	
_____	Falls	_____	Brushes teeth	_____	
_____	<i>GUIDANCE</i>	_____	TV programs	_____	
_____	Accept negativism (say stop)	_____	Dresses/undresses	_____	