

		Age 6	Age 7	Age 8	Age 9
Date					
Measurements *	Wt	BMI			
	Ht	BMI percentile			
Psychosocial history and Development	• School & Activities				
	• Peer relationships				
	• Family relationships				
	• Body changes*				
	• Menstrual issues ♀				
Nutrition *	• Healthy choices / snacks / junk-food				
	• Supplements / CAM				
	• Body Image / Dieting				
Education & Advice: **	• Physical Activity				
	• Electronic Media – TV / Internet /Hearing Protection				
	• Sleep Issues				
	• Effective Discipline				
Behaviour and Family Issues	• <b>Helmet safety</b>				
	• <b>Vehicle Safety – Seatbelts, Booster Seats</b>				
	• Violence and <i>Firearms</i>				
Injury Prevention & Safety	• Trampoline Safety				
	• Water Safety				
	• <i>Sun Safety</i>				
	• Environmental Hazards – incl. <b>Second Hand Smoke</b>				
Other	• <i>Smoke Detectors</i>				
	• Other Safety Topics				
	• Substance Abuse				
	• Abuse				
	• <b>Dental care, fluoride</b>				
Specific Concerns					
Examination	<i>Blood Pressure***</i>				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating*				
	Skin				
Assessment	Update immunizations: <b>DTaP-IPV (age 4-6)</b> <b>MMR (2<sup>nd</sup> dose by age 6)</b> <b>HPV (♀ ages 9-13)</b> Ask about chicken pox Discuss influenza vaccination Consider TB test				
Immunization					
Medications					
Signature					