

Growth and Development

Review the child's growth including:

- Measurements of weight, length, and head circumference at birth
- Patterns of growth on the growth chart and any significant deviations from previous percentiles
- Concerns about growth from the family or child

Developmental milestones include:

- Age of holding up head steadily
- Age of sitting alone without support
- Age of walking without assistance
- Age of saying first words with meaning
- Age of achieving bladder and bowel control
- Present grade in school
- Scholastic performance
- If the child has a best friend
- Interactions with other children, peers, and adults

Use specific and detailed questions when inquiring about each developmental milestone. For example, “sitting up” can mean many different activities, such as sitting propped up, sitting in someone's lap, sitting with support, sitting up alone but in a hyperflexed position for assisted balance, or sitting up unsupported with the back slightly rounded. A clue to misunderstanding of the requested activity may be an unusually early age of achievement (see Developmental Assessment, [Chapter 3](#)).

Habits

Habits are an important area to explore ([Box 4-5](#)). Parents frequently express concerns during this part of the history. Encourage their input by saying, “Please tell me any concerns you have about your child's habits, activities, or development.” Investigate further any concerns that parents express.

Box 4-5

Habits to Explore During a Health Interview