

# Developmental Milestones

Age (m)	Gross motor	Fine motor	Cogn. & Comm.
1-2	Lift head when prone	-	Smile in resp. to face/voice, visual preference for human face
2-3	Head steady in sitting	-	-
3-4	Lift head & chest w. ext. arms	Grasp rattle	Sustain contact, displeasure if soc. contact broken, "aah, ngah"
5-6	Roll over	Transfer objects hand to hand	Monosyllabic babble
6-7	Sit with support	-	Polysyllabic babble, vowel sounds, enjoys mirrors
7-8	Sit without support, crawl	Thumb-finger grasp	Suspicious/afraid of strangers
9-10	Pull to standing, walk holding furniture	Pincer grip, bang objects together	Play peek-a-boo, wave bye-bye, respond to own name
12-18	Walk alone	Turn pages in book, scribble, build 2-cube tower	Speak a few words
4 yrs.	Walk in a straight line, jump on one leg	Button clothes	Answer questions, understand prepositions

# Nutrition

## 0-4 months

Breast milk or formula

## 4-6 months

Breast milk or formula

Start to introduce small amounts of vegetables, cereals

## 6-8 months

Breast milk or formula or gruel or cereals

Complete meal (potatoes, meat, vegetables, fruit, berries)

Cow's milk can be used in cooking, but not as a beverage

## 8-12 months

Two cooked meals a day

From 10-12 months of age milk as a beverage

## 1-2 years

Regular food

No low-fat products and/or high-fibre foods

## Vitamin D supplement

5 drops every day (400 IE/day)

All children from 1 month up to at least 2 years of age

Low intake/sun exposure may need suppl. till school age

## Salt intake

No extra salt added to food for children below 1 year

## Food items *not suitable* for children below 1 year

Spinach, mangold, and beetroot – high levels of nitrate

Honey – may contain C. Botulinum spores

# Normal Physiology

Age	RR (/min)	HR (/min)	SBP (mmHg)
0-1 m	30 - 60	110 - 160	65 - 90
1-12 m	30 - 40	110 - 160	70 - 90
1-2 y	25 - 35	100 - 150	85 - 95
2-5 y	25 - 30	95 - 140	80 - 110
5-12 y	20 - 25	80 - 120	90 - 110
>12 y	15 - 20	60 - 100	100 - 120

Age	♀ W. (kg)	♀ H. (cm)	♂ W. (kg)	♂ H. (cm)
0 m	2.8 - 4.2	46 - 54	2.9 - 4.4	47 - 55
3 m	4.6 - 7.0	56 - 64	4.8 - 7.5	57 - 66
6 m	6.0 - 9.3	62 - 71	6.4 - 10	63 - 73
1 y	8.0 - 12	70 - 80	8.5 - 13	71 - 82
5 y	15 - 25	102 - 120	15.5 - 25	110 - 112
18 y	46 - 80	156 - 180	55 - 94	167 - 194

Age (m)	1-2	2-4	4-6	6-8	8-10	10-12
W. gain (g/w)	175	150	125	100	75	50

W. (kg)	Fluids (ml/kg/24h)	A. (y)	ml/kg/hour
2-8	150	0-1	2-4
6-10	110 - 125	>1	1-2
0-10	100	▲ Urine / Oliguri ▼	
10-20	50	0-1	<1
>20	20	>1	<0.5

Holiday-  
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# Vaccinations (Swe)

Age	Vaccination	Dose
3 m	Diphtheria, Tetanus, Pertussis, Polio, Hib, S. Pneumoniae	I
5 m	Diphtheria, Tetanus, Pertussis, Polio, Hib, S. Pneumoniae	II
12 m	Diphtheria, Tetanus, Pertussis, Polio, Hib, S. Pneumoniae	III
18 m	Measles, Mumps, Rubella	I
5-6 y	Diphtheria, Tetanus, Pertussis, Polio	IV
6-8 y	Measles, Mumps, Rubella	II
10-12 y	HPV (girls born 1999 or later)	I,II,III
14-16 y	Diphtheria, Tetanus, Pertussis	V
Risk patients	Hepatitis B x 3 Tuberculosis at 6 m	-

Children born before and during 2001 follow another schedule from 5-6 years of age

# Apgar score

Apgar Sign	2	1	0
<b>Heart Rate</b> Pulse	>100/min	>100/min	Absent
<b>Breathing</b> Rate and effort	Cries well	Irregular	Absent
<b>Grimace</b> Responsiveness or reflex irritability	Pulls away, sneezes, coughs, or cries with stimulation	Facial movement only with stimulation	Absent
<b>Activity</b> Muscle tone	Active, spontaneous movement	Arms and legs flexed with little movement	No movement, floppy tone
<b>Appearance</b> Skin colouration	Normal colour (also hands and feet are pink)	Normal colour (but hands and feet are bluish)	Bluish-grey or pale all over

This test is done to determine whether a newborn needs help breathing or is having heart trouble

## Normal Results: 7-10

10 is unusual, almost all newborns lose 1 point for blue hands and feet

## Abnormal results: 0-6

Signals that the baby needs medical attention

## Low Apgar score is often caused by:

Difficult birth, C-section, Fluid in the baby's airway

## A baby with a low Apgar score may need:

- Oxygen and clearing out the airway to help with breathing
- Physical stimulation to get the heart beating at a healthy rate

**Most of the time, a low score at 1 minute is near-normal by 5 minutes**

*A lower Apgar score does not mean a child will have serious or long-term health problems  
The Apgar score is not designed to predict the future health of the child*

# Reflexes

Primitive	Postural
<b>Moro</b> Sudden extension of the head causes symmetrical extension, followed by flexion of the arms	<b>Labyrinthine rigthing</b> Head moves in opposite direction to which the body is tilted
<b>Grasp</b> Flexion of fingers when an object is placed in the palm	<b>Postural support</b> When held upright, legs take weight and may push up (bounce)
<b>Rooting</b> Head turns to the stimulus when touched near the mouth	<b>Lateral propping</b> In sitting, the arm extends on the side to which the child falls as a saving mechanism
<b>Stepping response</b> Stepping movements when held vertically and dorsum of feet touch a surface	<b>Parachute</b> When suspended face down, the arms extend as though to save themself
<b>Assym. tonic neck reflex</b> Lying supine, the infant adopts an outstretched arm to the side to which the head is turned	
<i>The primitive reflexes present at birth gradually disappears as postural reflexes develop, which are essential for independent sitting and walking</i>	

# Check-ups (Swe)

Age	Profession	Assessment/Action
<b>0-10 d</b>	Nurse	Home visit
<b>2-8 w</b>	Nurse	Growth assessment and counselling, once a week
<b>6-8 w</b>	Doctor, nurse	Psychomotor development
<b>3 m</b>	Nurse	Vaccination
<b>3-5 m</b>	Nurse	Growth assessment and counselling, every other week
<b>5 m</b>	Nurse	Vaccination
<b>6 m</b>	Doctor	Check-up
<b>6-12 m</b>	Nurse	Growth assessment and counselling, once a month
<b>10/12 m</b>	Doctor	Check-up
<b>12 m</b>	Nurse, dentist	Vaccination Dental health care information
<b>18 m</b>	Nurse	Vaccination
<b>3 y</b>	Nurse	Language development Child security information
<b>4 y</b>	Nurse	Vision, hearing, language, and psychomotor development Child security information
<b>5.5 y</b>	Doctor, nurse	Vaccination School assessment Child security information

# Physical examination

## General condition / appearance

- Tiredness / Movement / Speech / Adeq. devel. for age / Temperature
- Pallor / Cyanosis / Icterus / Petechiae / Turgor

## Head

- Size / Shape / Fontanelle (<8-12 months) / Sutures

## Eyes and Ears

- Movement / Pupil size/reflex/ Red reflex / Squint / Sunset gaze

## Mouth and Throat

- Cleft lip/palate / Teeth / Tongue / Tonsils / Sucking

## Lymph nodes

- Neck / Axilla / Groin

## Circulation

- Heart rate & rhythm / Murmurs / Capillary refill time / Femoral pulses

## Respiration

- Resp. rate / Recessions / Nasal flaring / Wheezing / Crackling / Stridor

## Neurology

- Spontaneous movement / Tonus / Neck stiffness / Babinski's sign
- Reflexes: Moro / Suck / Grasp

## Abdomen

- Liver (<1 cm below costal ridge) / Kidneys / Spleen / Umbilicus

## Genitalia

- Outer genitalia / Discharge / Testicles / Cremaster reflex

## Hips

- Symmetry / Ortolani's test / Barlow's test / Abduction test (>60-70°)

## Back: Entire spinal column and Anus

<2-3 months: supine position / otherwise in parents lap / **Remember growth charts**