

RED FLAGS

<ul style="list-style-type: none"> • REGRESSION (loss of skills) & PARENTAL CONCERN are red flags at any age • Persistent primitive reflexes • Abnormal tone or movement patterns at any age, spasticity, hypotonia, absent DTRs • Asymmetry • Poor head control at 5 mos • Not sitting independently w/ hands-free at 8 mos • Not rolling back-front, not taking weight well through the legs when held at 9 mos • Not walking by 18 mos • Lack of transfer at 7 mos • Using one hand exclusively at any age • Delayed self care (ADLs) at 4 yrs • Delayed printing at school entry • Problems w/ feeding and/or swallowing • Parent suspect hearing loss, babbling stops at >6 mos, lack of response to sound (check hearing!) • No single words by 15 mos • No combos by 24 mos • Stutter past 3 ½ yrs (or earlier if anxiety/mannerisms) 	<ul style="list-style-type: none"> • Idiosyncratic speech, disordered sequence of development • Poor intelligibility for age • Lack of developmentally appropriate response to visual stimuli • Immature play (like younger child) • Stereotypic play; lack of pretend • School failure (either for specific subjects like reading or math, or generalized) • Always check vision and hearing if any concerns – can be assessed as young as newborn • Emotional dysregulation • Abnormal attachment patterns (over-clingy, indiscriminate) • Limited social smiling and shared enjoyment by 6 mos • Limited gestures like pointing response to name, joint attention by 12 mos • Limited social imitative play by 18 mos (e.g. imitating housework) • Limited pretend play (e.g. feeding doll) by 24 mos • No friends at school age
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Commonly Used EBGs

<ul style="list-style-type: none"> • AOM • ADHD, adolescents • ADHD, preschool and school age • Bronchiolitis • Emergency contraception 	<ul style="list-style-type: none"> • Headache • HTN • IDA • Lead • PrEP 	<ul style="list-style-type: none"> • Pregnancy • Minor head trauma • Weight management 12-25 • Weight management 2-11
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Newborn Visit

HPI	<p>BIRTH/PREGNANCY HISTORY</p> <ul style="list-style-type: none"> • G/Ps, infectious work up • Gestational age, birth method, sepsis rule-out? <p>IN/OUTs</p> <ul style="list-style-type: none"> • Feeding (8-12/24 hrs): breastfed vs. formula vs. mixed • No more than 3-4 hours w/o feeding. • Stool: transitioning from meconium (black, sticky) -> green -> yellow and seedy • Urine: multiple times per day (# of voids = days of life up until DOL 6, then >6/day) <p>SLEEP</p> <ul style="list-style-type: none"> • Supine, in crib w/o pillows, blankets, or stuffed animals. • Discuss dangers of co-sleeping <p>DEVELOPMENT</p> <ul style="list-style-type: none"> • Periods of wakefulness, watches faces intently, responds to sounds, fistled hands, can raise head momentarily from prone
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Newborn Visit continued on next page →

Primary Care

Newborn Visit	
HPI cont.	SOCIAL: who lives at home, who is involved w/ care <ul style="list-style-type: none"> • Mother's mood: screen for postpartum depression/baby blues • Plan for child care: get process started early (long wait for daycares!)
Exam	<ul style="list-style-type: none"> • Full exam including red reflex, Ortolani and Barlow maneuvers • Weight check: % of birth weight (should regain BW by 10-14 days), umbilicus and jaundice
A/P	<ul style="list-style-type: none"> • Has child received Hep B in nursery? If no, give today. • Poly-Vi-Sol (Vitamin D) if exclusively breastfeeding or taking <32 oz of formula • Follow up: <ul style="list-style-type: none"> ■ Does infant need weight check? ■ Maximum allotted time would be to wait until 2 month visit • Anticipatory guidance: <ul style="list-style-type: none"> ■ When to call: jaundice, temperature, decreased feeding ■ Impossible to spoil infants ■ Limit day time sleep to 4 hours ■ Back to sleep ■ Umbilical stump care

2 Month WCC	
HPI	IN/OUTs <ul style="list-style-type: none"> • Feeding (8-12/24 hrs): breastfed vs. formula vs. mixed • No more than 4 hours w/o feeding. • Stool: yellow and seedy • Urine: multiple times per day SLEEP <ul style="list-style-type: none"> • Supine, in crib w/o pillows, blankets, or stuffed animals. • Discuss co-sleeping DEVELOPMENT <ul style="list-style-type: none"> • Social smiles, coos and vocalizes reciprocally, will grasp object placed in hand, lifts head and chest when on stomach . SOCIAL: Mother's mood: screen for postpartum depression/baby blues, plan for childcare
Exam	<ul style="list-style-type: none"> • Full exam including red reflex, Ortolani and Barlow maneuvers • Weight, length, height: head circumference, growing along curve
A/P	<ul style="list-style-type: none"> • Vaccines: Hep B #2, Hib #1, DTaP #1, IPV #1 , PCV #1, Rotavirus #1 (NOTE: CHPCC gives HepB # 2 @ 1 month) • Poly-Vi-Sol (Vitamin D) if exclusively breastfeeding (should start at newborn visit) • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Avoid putting to bed w/ bottle ■ Rear facing car seat ■ Place in crib before completely asleep, Back to sleep ■ Risk of falling once learns to roll ■ Wait to introduce solids until 4-6 months ■ Family planning • Follow up: 4 month CPE

4 Month WCC

HPI	IN/OUTs <ul style="list-style-type: none"> • Feeding Q4-5 hours. breastfed vs. formula vs. mixed • Assess if started any purees/table foods • Stool: yellow and seedy • Urine: multiple times per day SLEEP <ul style="list-style-type: none"> • Supine, in crib w/o pillows, blankets, or stuffed animals. DEVELOPMENT <ul style="list-style-type: none"> • Smiles spontaneously, laughs, babbles expressively, pushes chest to elbows, rolls from stomach to back, reaching for objects. SOCIAL: Who lives at home; Mother's mood: screen for postpartum depression/baby blues, childcare plans
Exam	<ul style="list-style-type: none"> • Full exam including red reflex, Ortolani and Barlow maneuvers • Weight, length, height: head circumference, growing along curve
A/P	<ul style="list-style-type: none"> • Vaccines: Hib #2, DTaP #2, IPV #2, PCV #2, Rotavirus #2 • Poly-Vi-Sol + IRON if > 50% breastfed or taking <32 oz formula per day • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Avoid putting to bed w/ bottle ■ Rear facing car seat ■ Place in crib before completely asleep, back to sleep ■ Keep one hand on baby ■ Keep small objects away from baby ■ Start babyproofing ■ Introduce solids (1 at a time): our families start w/ traditional foods from their countries • Follow up: 6 month CPE

6 Month WCC

HPI	IN/OUTs <ul style="list-style-type: none"> • Feeding Q4-5 hours. breastfed vs. formula vs. mixed • Ask if started solids (if so, stool might be less frequent, firm/hard, constipation) • Stool: yellow and seedy • Urine: multiple times per day SLEEP <ul style="list-style-type: none"> • Supine, in crib w/o pillows, blankets, or stuffed animals. DEVELOPMENT <ul style="list-style-type: none"> • Babbles, turns to voice, beginning to sit on own, rolls from back to stomach, will transfer across midline SOCIAL: Who lives at home; Mother's mood: screen for postpartum depression/baby blues, childcare plans
Exam	<ul style="list-style-type: none"> • Full exam including red reflex, Ortolani and Barlow maneuvers • Teeth? • Weight, length, height: growing along curve

6 Month WCC continued on next page →

Primary Care

6 Month WCC	
A/P	<ul style="list-style-type: none"> • Vaccines: Hep B #3, Hib #3, DTaP #3, IPV #3, PCV #3, Rotavirus #3 <ul style="list-style-type: none"> ■ Eligible for flu vaccine (will need 2 to complete series, separated by 1 month) • Poly-Vi-Sol + IRON if more than 50% breastfeeding • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Solids: one at a time ■ High chair for feeding so baby can see you ■ No cow's milk until 1 year old ■ Brushing teeth ■ Rear facing car seat ■ Keep small objects away • Follow up: 9 month CPE

9 Month WCC	
HPI	<p>IN/OUTs</p> <ul style="list-style-type: none"> • Feeding Q4-5 hours. breastfed vs. formula vs. mixed • Solids, no overnight feeds • Stool: *might be less frequent since starting solids, ask if stool is firm/hard and if pt having abdominal distention (these are signs of constipation) • Urine: multiple times per day <p>DEVELOPMENT</p> <ul style="list-style-type: none"> • Uses basic gestures (wave goodbye), seeks out parents, uses repetitive vowel and consonant sounds, turns when name is called, sits on own, pulls to stand, crawls on hands and knees, lets go of objects intentionally, bangs things together
Exam	<ul style="list-style-type: none"> • Full exam • Weight, length, height: growing along curve (head circum)
A/P	<ul style="list-style-type: none"> • Vaccines: check that have received 3 of: Hep B, Hib, DTaP, IPV, PCV, Rotavirus <ul style="list-style-type: none"> ■ Eligible for flu vaccine (will need 2 to complete series) • CBC and lead • Poly-Vi-Sol + IRON if more than 50% breastfeeding • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Increase table foods: 3 meals and 2-3 snacks ■ Read together ■ No cow's milk until 1 year old ■ Brushing teeth ■ Rear facing car seat until until age 2 ■ Keep small objects away (babyproofing) • Follow up: 12 month CPE (warn will need blood work at next visit), 1st dental visit at 1 year old or w/i 6 months of 1st tooth eruption

12 Month WCC	
HPI	IN/OUTs <ul style="list-style-type: none"> • Eat w/ family, 3 meals and 2-3 snacks spaced evenly. • Transition from formula to whole milk • Solids, no overnight feeds • Stool: *might be less frequent since starting solids, ask if stool is firm/hard and if pt having abdominal distention (these are signs of constipation) • Urine: multiple times per day DEVELOPMENT <ul style="list-style-type: none"> • Stranger anxiety, shows book if wants to read, responds to simple commands, uses gestures like shaking head no or waving, says mama and dada, tries to copy words, drinks from cup, pulls up to stand, cruising, may take a few steps alone, points
Exam	<ul style="list-style-type: none"> • Full exam • Weight, length, height: growing along curve (head circum)
A/P	<ul style="list-style-type: none"> • Vaccines: PCV#4, MMR#1, VZV#1 <ul style="list-style-type: none"> ■ Eligible for flu vaccine (will need 2 to complete series) • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Falls, drowning prevention and water safety ■ Poison control 1-800-222-1222 ■ Read together ■ Limit screen time ■ Establish routine ■ Rear facing car seat until age 2 ■ Keep small objects away (babyproofing) • Follow up: 15 month CPE, 1st dental visit at 1 year old or w/i 6 months of 1st tooth eruption

15 Month WCC	
HPI	IN/OUTs <ul style="list-style-type: none"> • Eat w/ family, 3 meals and 2-3 snacks spaced evenly. • Drinks whole milk • Solids, no overnight feeds • Stool: *might be less frequent since starting solids, ask if stool is firm/hard and if pt having abdominal distention (these are signs of constipation) • Urine: multiple times per day DEVELOPMENT <ul style="list-style-type: none"> • 3-5 words, points to body parts, steps w/o support, drinks from cup, scribbles w/ crayon, shows preference for certain activities, begins to have strong dislikes, shows affection to caregivers, follows simple commands
Exam	<ul style="list-style-type: none"> • Full exam • Weight, length, height: growing along curve (head circum)

15 Month WCC continued on next page →

Primary Care

15 Month WCC

A/P	<ul style="list-style-type: none"> • Vaccines: HepA#1, DTap#4, Hib#4, flu if hasn't had • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Falls, drowning prevention and water safety ■ Poison control 1-800-222-1222 ■ Read together ■ Limit screen time ■ Establish routine ■ Rear facing car seat until until age 2 ■ Keep small objects away (babyproofing) <p>Follow up: 18 month CPE, 1st dental visit at 1 year old or w/i 6 months of 1st tooth eruption</p>
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18 Month WCC

HPI	<p>IN/OUTs</p> <ul style="list-style-type: none"> • Eat w/ family, 3 meals and 2-3 snacks spaced evenly. Drinks whole milk • Starts developing preferences, important to introduce healthy foods multiple times • Stool: *might be less frequent since starting solids, ask if stool is firm/hard and if pt having abdominal distention (these are signs of constipation) • Urine: multiple times per day <p>DEVELOPMENT</p> <ul style="list-style-type: none"> • Plays simple pretend, points to show interesting things, clings to caregivers in new situations, several single words, points to show wants something, knows names of household objects, follows 1 step commands, walks alone, may do steps, can undress self, eats w/ spoon
Exam	<ul style="list-style-type: none"> • Full exam • Weight, length, height: growing along curve (head circum)
A/P	<ul style="list-style-type: none"> • Vaccines: Catchup and flu • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Falls, drowning prevention and water safety. Firearm and fire safety. ■ Poison control 1-800-222-1222 ■ Limit screen time ■ Establish routine ■ Consistent limit setting ■ Rear facing car seat until until age 2 ■ Keep small objects away and watch for dangerous spots in house now that walking • Follow up: 2 year CPE, 1st dental visit at 1 year old or w/i 6 months of 1st tooth eruption

2 Year Old WCC

HPI	<p>IN/OUTs</p> <ul style="list-style-type: none"> • Eat w/ family, 3 meals and 2-3 snacks spaced evenly. Transition to 1-2% milk. • Starts developing preferences, important to introduce healthy foods multiple times • Beginning of awareness of urges to urinate and stool, discomfort in diaper, interested in toileting <p>DEVELOPMENT</p> <ul style="list-style-type: none"> • Copies others, plays beside other children, more defiant, knows names of familiar people, 2-4 word sentences, repeats words, points to things in book, builds towers, shows hand preference, follows two-step instructions, stands on tiptoe, runs, throws ball, walks stairs, copies lines and circles
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2 Year Old WCC

Exam	<ul style="list-style-type: none"> • Full exam • Weight, height: growing along curve (head circum)
A/P	<ul style="list-style-type: none"> • Vaccines: HepA#2 and flu • CBC and lead • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Drowning prevention and water safety. Firearm and fire safety. ■ Poison control 1-800-222-1222 ■ Limit screen time 1-2h/day ■ Establish routine and stick to it! ■ Consistent limit setting and encourage positive behaviors. ■ Help child express and name feelings. Give choices between good options. ■ If outgrown weight/height limit of rear facing car seat, switch to forward facing ■ Wear helmet on bikes and trikes ■ Think about pre-school/school enrollment at 2.5yo • Follow up: 2.5-3 year CPE, 1st dental visit at 1 year old or w/i 6 months of 1st tooth eruption

3 Year Old WCC

HPI	<p>IN/OUTs</p> <ul style="list-style-type: none"> • Eat w/ family, 3 meals and 2-3 snacks spaced evenly. 1-2% milk. • Starts developing preferences, important to introduce healthy foods multiple times • Beginning of awareness of urges to urinate and stool, discomfort in diaper, interested in toileting <p>DEVELOPMENT</p> <ul style="list-style-type: none"> • Takes turns, shows wide range of emotion and recognizes emotion in others, dresses and undresses self, knows age, name and sex, 2-3 sentence conversation, problem solving puzzles and toys, turns pages of book, turns door handles, climbs well, pedals tricycle, walks stairs one foot on each step
Exam	<ul style="list-style-type: none"> • Full exam • Weight, height: growing along curve
A/P	<ul style="list-style-type: none"> • Vaccines: MMRV and flu • CBC and lead • Begin BP screening • Anticipatory Guidance: <ul style="list-style-type: none"> ■ When to call: temperature, decreased feeding, decreased wakefulness ■ Drowning prevention and water safety. Firearm and fire safety. ■ Poison control 1-800-222-1222 ■ Limit screen time 1-2h/day ■ Establish routine and stick to it! ■ Consistent limit setting and encourage positive behaviors. ■ Help child express and name feelings. Give choices between good options. ■ If outgrown weight/height limit of rear facing car seat, switch to forward facing ■ Wear helmet on bikes and trikes ■ Address SDH and protective factors of family/child resilience • Follow up: yearly CPE, yearly dental visit

Primary Care

School Age (~4-10)	
HPI	IN/OUTs <ul style="list-style-type: none"> • Emphasize healthy eating and continue to introduce healthy foods even if child does not like. Limit calorie containing beverages. • Typically toilet training; screen for enuresis/encopresis DEVELOPMENT <ul style="list-style-type: none"> • Assess school readiness (language understanding and fluency, communication of feelings). Provide opportunities for socialization and structured learning experiences like early childhood programs or pre-school.
Exam	<ul style="list-style-type: none"> • Full exam • Weight, height: growing along curve
A/P	<ul style="list-style-type: none"> • 4y Vaccines: DTaP, IPV and flu • 9y Vaccines: HPV and flu (second HPV in 6mo or at next WCC visit) • CBC and lead at age 4 and then as needed • BP screening • Obesity screening • Anticipatory Guidance: <ul style="list-style-type: none"> ■ Emphasize safety and accident prevention ■ Drowning prevention and water safety. Firearm and fire safety. ■ Poison control 1-800-222-1222 ■ Limit screen time 1-2h/day and encourage fun physical activity ■ Establish routine and stick to it! ■ Consistent limit setting and encourage positive behaviors. ■ Teach child about how to be safe w/ other adults (safe touching, no secrets) ■ Always wear seatbelt ■ Wear helmet on bikes and trikes ■ Address SDH and protective factors of family/child resilience • Follow up: Yearly CPE, yearly dental visit

Middle School (~11-13)	
HPI	IN/OUTs <ul style="list-style-type: none"> • Emphasize healthy eating and continue to introduce healthy foods even if child does not like. Limit calorie containing beverages. Allow child to choose between healthy options and be involved in food preparation. DEVELOPMENT <ul style="list-style-type: none"> • Evaluate for school challenges. Discuss bullying, peer group, after school activities.
Exam	<ul style="list-style-type: none"> • Full exam • Weight, height: growing along curve
A/P	<ul style="list-style-type: none"> • 11y Vaccines: TDap#1, MCV#1 and flu • BP screening • Obesity screening • Anticipatory Guidance: <ul style="list-style-type: none"> ■ Discuss puberty and sexuality and gender identity. ■ Discuss drugs, tobacco products, and alcohol ■ Discuss mental health, mood, and how to seek help ■ Talk to child alone or discuss that this will happen at next visit. ■ Firearm and fire safety.

Middle School (~11-13)

A/P cont.	<ul style="list-style-type: none"> • Anticipatory Guidance: <ul style="list-style-type: none"> ■ Limit screen time 1-2h/day and encourage fun physical activity ■ Consistent limit setting and encourage positive behaviors. ■ Always wear seatbelt and helmet ■ Address SDH and protective factors of family/child resilience • Follow up: Yearly CPE, Yearly dental visit
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Adolescence (~13-18)

HPI	IN/OUTs <ul style="list-style-type: none"> • Emphasize healthy eating and healthy choices. Discuss what child purchases and chooses for his or herself. DEVELOPMENT <ul style="list-style-type: none"> • Evaluate for school challenges. Discuss bullying, peer group, after school activities. Discuss college preparation and resources for college assistance.
Exam	<ul style="list-style-type: none"> • Full exam • Weight, height: growing along curve
A/P	<ul style="list-style-type: none"> • 16y Vaccines: MCV#2 and flu • BP screening • Obesity screening • Anticipatory Guidance: <ul style="list-style-type: none"> ■ Continue to discuss sexuality and gender identity. Discuss safe sexual practices. ■ Discuss drugs, tobacco products, and alcohol. ■ Discuss mental health, mood, and how to seek help. Assess for suicide risk. ■ Firearm safety ■ Talk to child alone ■ Limit screen time 1-2h/day and encourage fun physical activity ■ Consistent limit setting and encourage positive behaviors. ■ Always wear seatbelt and helmet ■ Address SDH and protective factors of family/child resilience • Follow up: Yearly CPE, Yearly dental visit

PEDS Scoring

Child's Age: 4 mos -- 17mos	Child's Age: 18mos to 2 yrs	Child's Age: 3 to 4yrs	Child's Age: 5 yrs
PREDICTIVE CONCERNS: Expressive language (K6Q02) Socio-emotional (K6Q07)	PREDICTIVE CONCERNS: Expressive language (K6Q02) Receptive language (K6Q03)	PREDICTIVE CONCERNS: Expressive language (K6Q02) Receptive language (K6Q03) Gross motor (K6Q05)	PREDICTIVE CONCERNS: Expressive language (K6Q02) Receptive language (K6Q03) Gross motor (K6Q05) Fine motor (K6Q04) Preschool/school skills (K6Q09)
Non-PREDICTIVE CONCERNS: Global concerns (K6Q01) Receptive lang (K6Q03) Fine motor (K6Q04) Gross motor (K6Q05) Behavior (K6Q06) IF 10-18mos: Self-help (K6Q08)	Non-PREDICTIVE CONCERNS: Global concerns (K6Q01) Fine motor (K6Q04) Gross motor (K6Q05) Behavior (K6Q06) Self-help (K6Q08) Socio-emotional (K6Q07) Preschool/schl skills (K6Q09)	Non-PREDICTIVE CONCERNS: Global concerns (K6Q01) Fine motor (K6Q04) Behavior (K6Q06) Self-help (K6Q08) Socio-emotional (K6Q07) Preschool/school skills (K6Q09)	Non-PREDICTIVE CONCERNS: Global concerns (K6Q01) Behavior (K6Q06) Self-help (K6Q08) Socio-emotional (K6Q07)