

TODAYS VISIT: 2 YEARS**NEXT VISIT:** _____

Please familiarize yourself with our website www.pcpmds.com. On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

WT: _____ **% HT:** _____ **% BMI:** _____ **%**
BMI over 85%= overweight over 95% = obesity WT to lose _____ Ideal weight _____ to _____

NUTRITIONAL/ EXERCISE COUNSELING:

1. Teach your child healthy eating habits now to avoid health problems in the future- see our web site
2. Your child needs **24 oz of low fat/ nonfat cow's milk daily** get the necessary calcium (700mg) and vitamin D (600IU). Plant-based milks generally are not recommended for children <5 years of age unless they have cow milk allergy or intolerance. See our web site for more details.
3. Encourage your child to drink water. **NO JUICE EVER! Water and milk only.** Sports drinks are only to be consumed during sports or to treat vomiting and diarrhea.
4. **Family dinners at the table** 5/7 nights promotes healthy weight. No media, (T.V., computers) while eating.
5. **Watch for choking hazards:** Slippery foods such as whole grapes; large pieces of meats, poultry, and hot dogs; candy and cough drops. Small, hard foods such as nuts, seeds, popcorn, chips, pretzels, raw carrots, and raisins. Sticky foods such as peanut butter and marshmallows.
6. Your child may show some **food fussiness**. This is a time of decreasing food requirements. Do not be alarmed!! Avoid food battles. Do not over emphasize eating and do not permit your child to eat a little bit all through the day. Rather, have your child eat regular meals at the table, with a single small healthy snack between meals. A rule of thumb to follow when feeding toddlers is 1 tablespoon of each food group per year of age per meal. Limit sweets, encouraging whole grains, fruits, and vegetables. Do not overfeed!

VACCINES: FLU OTHER: _____**General:****Labs: hemoglobin _____ and lead _____ were done.****Medication: acetaminophen** 160/5ml () ml every 4 hours as needed or **ibuprofen** 100mg/5ml () ml every 6 hours for fever > 101 degrees, or significant pain.**Dental: FLUORIDE DONE:** YES NO

Until your child is 6 years old, a parent must brush his/her teeth twice daily. Children should go to sleep with clean teeth to prevent cavities.

SAFETY: Remember, an accident is the greatest threat to your child's life. Teach them what to do!**Firearms:** If you must keep a gun, keep it unloaded and in a locked place separate from the ammunition.**Burns:** Test the batteries in your smoke alarm. The water temperature in your home should be no more than 120 degrees. All pots on the stove should have handles facing inward, and out of reach of children.**Sun protection:** Make sure to use SPF 30 or more when your child is outdoors.**Drowning:** Never leave your child alone around any water, even for a moment.**Poisoning:** Make sure the poison control phone number, **1-800-222-1222**, is in all cell phones of ALL caregivers. Use safety latches. Lock up all substances with warning, caution, or poison labels on them.**Car:** Car crashes are the greatest danger to your child's life. Children should only ride in the rear seat of the car and only in an approved car seat until 4'9 inches tall and/ or 13 years of age!**Street:** Until a child is 10 years old they cannot determine the speed of an approaching car. If they are playing in the street, an adult must always be with them. In a parking lot, hold their hand.**Animals:** Teach them never to approach any animal they do not know personally.**SOCIAL:** Encourage and nourish **all the relationships** in your child's home. This builds a strong family.**Read** to your child and **limit all media!!** It is better to play and read with your child!!!! Media promotes obesity, decreases school performance, and promotes childhood fears and anxiety. This includes educational media!**Discipline** your child using a firm voice and time outs. Pick your battles. **Do not** start the battle unless you **will** win the war. Notice and **praise** your child's good behavior.

