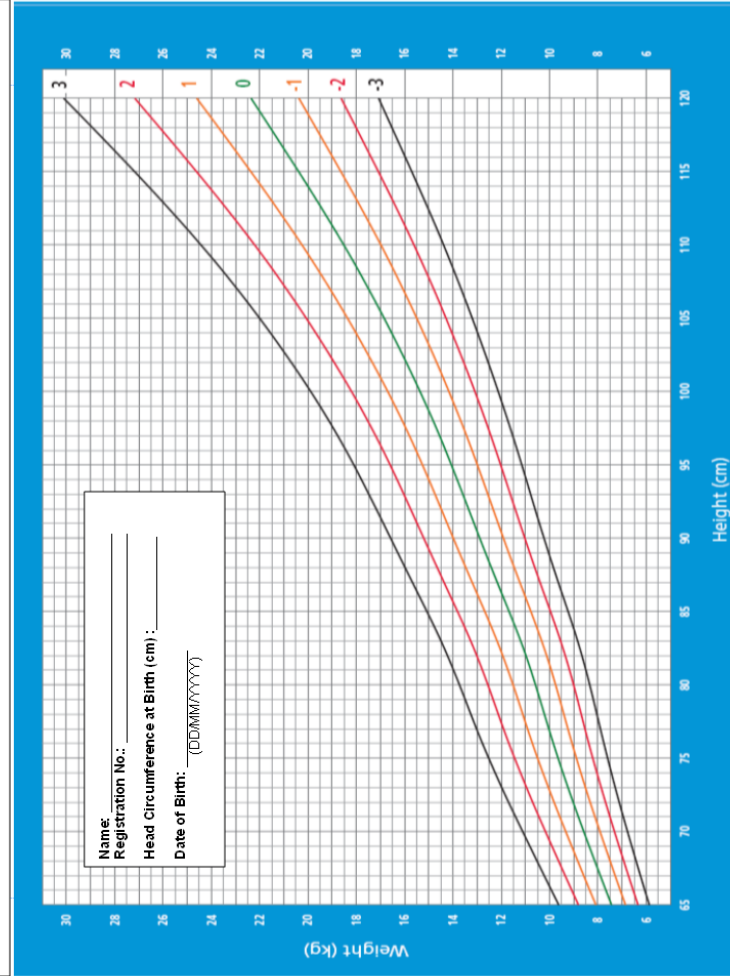


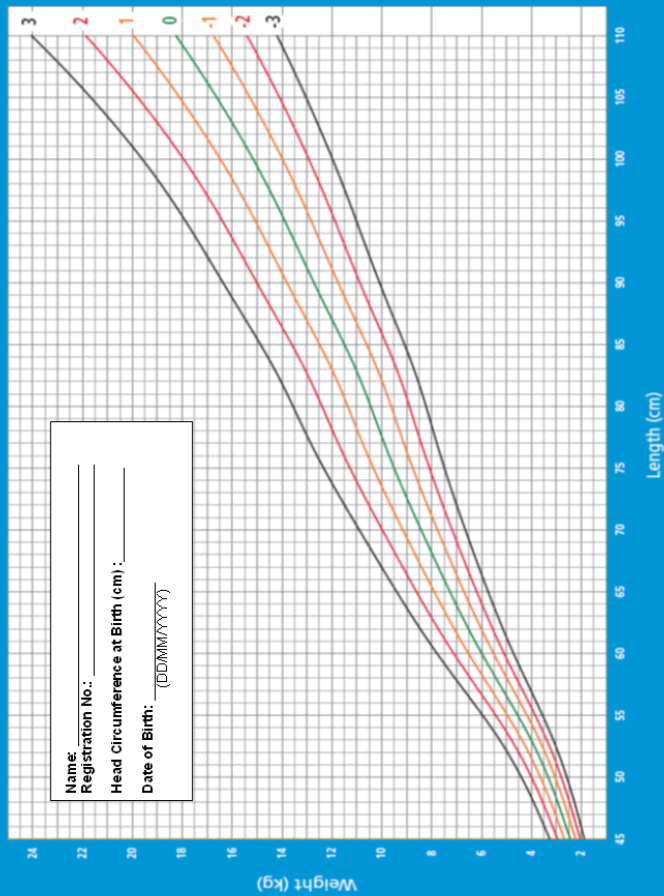
YOUR CHILD'S DEVELOPMENT												
Age (months)	Gross Motor		Age done	Fine Motor & Vision		Age done	Hearing & Speech		Age done	Social Behaviour & Play		Age done
1 to 2 months	Kicks legs when lying on back	O []		Opens hands	O []		Makes sounds other than crying	O []		Smiles in response	O []	
2 months	Raises head up when lying face down	O []		Follows objects side to side with gaze	O []		Reacts to sound 8" (20 cm) away at ear level	O []		Gazes at your face when lying face up	O []	
4 months	Holds head up when held in a sitting position	O []		Holds objects briefly	O []		Coos, gurgles and squeals	O []		Responds to your smile and talk	O []	
6 months	Rolls over when lying face up	O []		Reaches out to grasp objects	O []		Turns head towards sounds on both sides	O []		Brings object to own mouth	O []	
9 Months	Sits without support	O []		Transfers object from hand to hand	O []		Makes two syllable sounds (like mama, dada etc.)	O []		Plays peek-a-boo	O []	
12 months	Walks with support (cruising)	O []		Picks up small objects between thumb and forefinger	O []		Babbles	O []		Imitates gestures (e.g. Waves bye bye)	O [] H []	
15 months	Walks without support	O [] H []		Places objects in a cup	O [] H []		Speaks one word (other than mama, dada)	O [] H []		Makes gestures on request	O [] H []	
18 months	Steps backwards	O [] H []		Scrabbles Spontaneously	O [] H []		Speaks three words (other than mama, dada)	O [] H []		Identifies two objects on request	O [] H []	
	Climbs onto chairs	O [] H []		Points to eyes, nose and mouth	O [] H []				Drinks well from a regular cup, tries to feed self with spoon			
24 months	Kicks ball	O [] H []		Builds a three block tower	O [] H []		Speaks 2 or 3 word phrase	O [] H []		Points to two images	O [] H []	
	Runs	O [] H []				Says own name	O [] H []					
36 Months	Jumps with both feet off the ground	O [] H []		Points at and names 6 body parts	O [] H []		Names a friend	O [] H []		Dresses self but cannot do buttons	O [] H []	
			Toilet Trained			O [] H []						Washes and dries hands
48 months	Stands on one foot and balances self	O [] H []		Buttons and unbuttons clothing	O [] H []		Counts up to 10	O [] H []		Correctly answers the question "Are you a boy or a girl?"	O [] H []	

O = Observation H = History

BOYS GROWTH CHART: Weight-For-Height - 2-To 5 Years (Z-Scores)



BOY'S GROWTH CHART: Weight-For-Length - Birth To 23 Months (Z-Scores)



YOUR CHILD'S DENTAL HEALTH

Child's age at first visit to the dentist: _____ years and _____ months. (Age 24 months is a good time to start)

REASON FOR REFERRAL: _____ (Tick reasons for referral where applicable)

Dental Conditions	Occurrences
<input type="checkbox"/> Delayed Eruption Age (9 months old and older)	<input type="checkbox"/>
<input type="checkbox"/> Premature Eruption (before 4 months old)	<input type="checkbox"/>
<input type="checkbox"/> Premature Loss Of Teeth (before 4 years old)	<input type="checkbox"/>
<input type="checkbox"/> Cleft Lip	<input type="checkbox"/>
<input type="checkbox"/> Cleft Palate	<input type="checkbox"/>
<input type="checkbox"/> Early Childhood Tooth Decay	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> Severe Gum Bleeding or Swelling	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

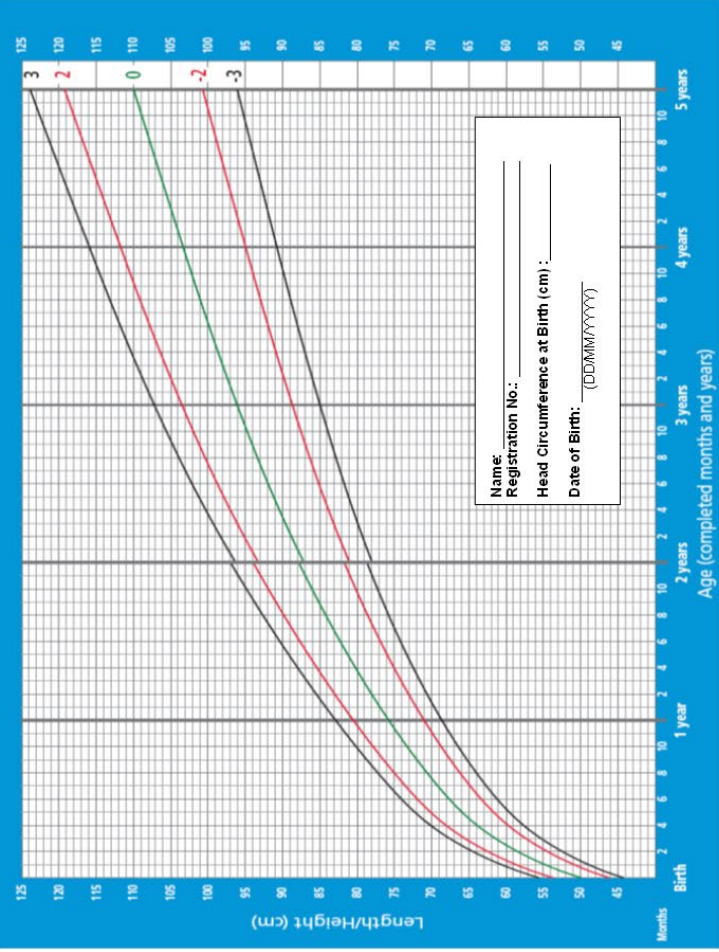
Conditions in the bold in the above table require immediate referral to a dental surgeon

FEEDING GUIDELINES FOR YOUR CHILD

Age of Child	0 to 6 months (180 days)	6+ to 8 months	9 to 11 months	12 to 23 months	24 months to 5 years
Frequency of Feeds/Meals	 Day Night		 If needed add:	 If needed add:	
	8 or more feeds in 24 hours	2 to 3 meals daily	3 to 4 meals daily 1 to 2 snacks, if needed	3 to 4 meals daily 1 to 2 snacks, if needed	3 to 4 meals daily 1 to 2 snacks, if needed
Type of foods	BREAST MILK ONLY	Breastmilk + Thick porridge Family foods well mashed	Breastmilk + Family Foods mashed or finely chopped Foods baby can pick up	Breastmilk + Family Foods mashed or chopped Foods baby can pick up	Breastmilk + Family Foods chopped or cooked soft
Amount of foods to offer at each meal	Until baby comes off the breast	2-3 tablespoons Increasing gradually to 1/2 cup	1/2 cup 	1/4 - 1 cup 	1 cup or more Depending on age and activity level

- If the child is not breastfed, ask the health worker for advice on feeding him or her.
- If the child is sick continue feeding and give more fluids (breastfeed more often)
- After illness encourage the child to eat more.

BOY'S GROWTH CHART: Length/Height - For Age - Birth To 5 Years (Z-Scores)



BOY'S GROWTH CHART: Head Size - Birth To 5 Years (Z-Scores)

