

17 M (23)

# CHILD HEALTH RECORD

NAME.....BABY RIVADENEIRA

Please take this book  
with you whenever you  
attend the clinic,  
doctor or hospital.

CHILD'S NHS NUMBER



## WHY YOU SHOULD VISIT YOUR CHILD HEALTH CLINIC

Your child health clinic may be held in your local clinic, health centre, or other building, or your general practitioner's surgery. Expert advice is available to you from your doctor, health visitor and nurse. Many clinics also have voluntary workers or clerks who will help you feel at home. You will have the chance to meet and talk to other mothers. You may be able to buy milk foods, vitamins and exchange tokens.

A clinic record card will be completed for your child and there will be scales for accurate weighing and measuring. Child health clinics are made to check children's progress and to give you practical advice and help but are not meant for treating children who are ill. Your family doctor is there to do this.

Immunization and dental services are available for children, and dental services are given free to mothers up to one year after confinement.

### YOUR CLINIC TIMES

Sessions held: (day) .....(time) .....  
(day) .....(time) .....



## HEALTH RECORD

[illegible]



## HEALTH RECORD

[illegible]



...the same for adults as for the children.



## HEALTH RECORD

[illegible]



## PROTECTION AGAINST INFECTIOUS ILLNESS

It is extremely important that your child should be immunized unless the doctor advises to the contrary. Details of ages at which the primary course is given are available from your health visitor.

## FROM 3 MONTHS

## Diphtheria, Tetanus, Whooping Cough, Poliomyelitis 1st

## Diphtheria, Tetanus, Whooping Cough, Poliomyelitis 2nd

## Diphtheria, Tetanus, Whooping Cough, Poliomyelitis 3rd

Booster (if required)

## Measles

## PRE-SCHOOL/SCHOOL ENTRY

## Diphtheria, Tetanus, Poliomyelitis

## AGE 11-13 YEARS

## Rubella (German measles)

## OTHERS

[illegible]



## CHILD'S PROGRESS AND DEVELOPMENT

[illegible]



## PARENTS' OBSERVATION RECORD

*My child first:*

*Age*

*Date*

Smiled

.....

.....

Reached for a toy

.....

.....

Sat up alone

.....

.....

Slept through the night

.....

.....

Crawled

.....

.....

Stood up

.....

.....

Used a spoon

.....

.....

Said the first word

.....

.....

Walked unaided

.....

.....

Put 2 to 3 words together

.....

.....

Pointed to parts of body  
when asked

.....

.....

Your child's progress will be checked at various stages.  
Please ask at your clinic for details of the times.



## PARENTS' OBSERVATION RECORD (cont.)

<i>My child first:</i>	<i>Age</i>	<i>Date</i>
Used a knife and fork .....	.....	.....
Was dry during the day .....	.....	.....
Was dry day and night .....	.....	.....
Placed 3 bricks in a tower .....	.....	.....
Drew a circle .....	.....	.....
Bounced a ball .....	.....	.....
Caught a ball .....	.....	.....
Recognized and named 3 colours .....	.....	.....
Pedalled a tricycle .....	.....	.....
Learned to swim .....	.....	.....
.....	.....	.....

Your child's progress will be checked at various stages.  
Please ask at your clinic for details of the times.



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## HEARING TESTS

At seven to eight months your health visitor will arrange for simple tests to observe your baby's reaction to different sounds made by familiar objects. It is very important that these tests should be done at this age, because even a slight hearing loss, undetectable except by tests, can delay speech development. If you are worried about your child's hearing at any time, either before or after the tests, do check with your doctor or health visitor immediately. It is also important that hearing is checked after any severe childhood illness or suspicion of ear infection.

If you are worried about your child's speech, you should discuss this with your doctor or health visitor.

AGE TESTED	COMMENTS



## EYESIGHT TESTS

Arrangements will be made from time to time for your child's sight to be tested. If, however, you are worried about it at any other time, do consult your doctor or health visitor immediately.

AGE TESTED	COMMENTS



## DENTAL HEALTH

To help your child have healthy teeth, the following three points should be observed:

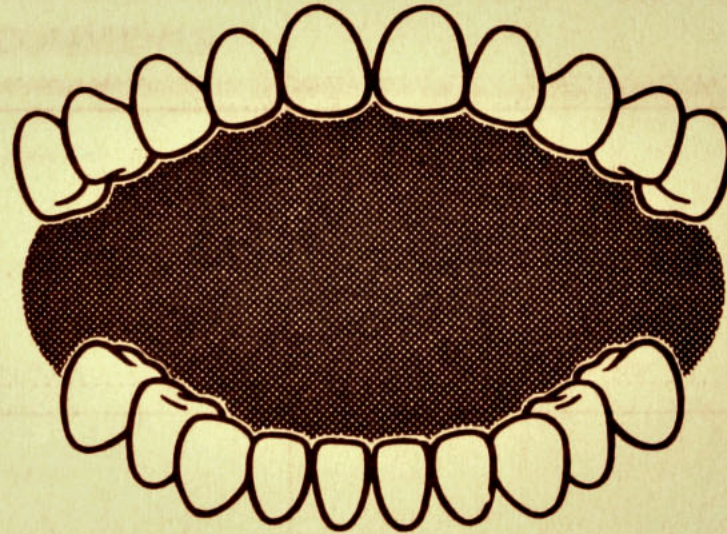
1. Restrict foods and drinks containing sugar to meal times. Never put sweet drinks in dinky feeders.
2. Children should be taken to the dentist from an early age before they need treatment.
3. Your health visitor or dentist will advise on cleaning the teeth and gums and on the use of fluoride preparations.

## VISITS TO THE DENTIST

[illegible]

## DENTAL CHART

UPPER



LOWER

As each tooth comes, put age in months on tooth in chart.



## HOME SAFETY—YOUR CHECK LIST

**Remember—as children grow they must learn the good habits of safety that avoid accidents.**

1. Is your child protected from touching fires, boilers, heaters, hot irons and electric sockets? ☐
2. Is all paint in your house lead-free, including second-hand painted furniture and toys?..... ☐
3. Have you checked that your child cannot fall out of the windows? ..... ☐
4. Have you a way of stopping your child from falling down any stairs or steps in your house? ☐
5. Have you locked up all medicines, tablets, poisons, etc.? ..... ☐
6. Have you put all household and garden chemicals and cleaning materials out of reach?.... ☐
7. Do you try to prevent scalds to your child by keeping kettles, teapots and hot drinks away from children? Do you check the temperature of the bath water? ..... ☐
8. Have you remembered that pillows, plastic bags and small objects can suffocate your child? ☐
9. Do you stop your child from touching scissors, knives and other sharp things? ..... ☐
10. Do you make sure that your child is never left alone when playing with or in water? ..... ☐
11. Do you make sure that your child is never left without supervision? ..... ☐
12. Do you have first aid materials in your home? ..... ☐
13. Do you have any first aid skills? ..... ☐



## HOSPITAL ATTENDANCE AND ADMISSIONS

Extra care is needed when your child has to go into hospital. Prepare your child for the stay and try to visit as often as possible.

Date of Admission	Reason (operation/accident etc.) and whether in- or out-patient.	Date of Discharge	Any allergic reactions to plaster or medicines



## HOSPITAL ATTENDANCE AND ADMISSIONS (Cont.)

Talk to the sister and find out if you can stay with your child. If you cannot visit yourself, try to arrange for a friend to visit.

At home, your child may still need extra attention.

[illegible]



## ILLNESS IN CHILDHOOD

If you think your child is ill, you need to contact your doctor in the usual way. It is, however, helpful to record illnesses as this information can be useful in later life.

<i>Illness</i>	<i>Date</i>	<i>Illness</i>	<i>Date</i>
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....



## KNOWN ALLERGIES

.....

.....

.....

.....

## SUPPORTIVE DRUGS

(Drugs which have to be taken regularly)

.....

.....

.....

.....

Medicines of all kinds can be attractive but dangerous to a child. Safe storage of all medicines and poisons is essential. Remember that many household fluids and cleaning materials are poisonous.



## ACTIVITIES OUTSIDE THE HOME

### **Toy Library**

*Telephone*

- 1 .....
- 2 .....
- 3 .....

### **Book Library**

*Telephone*

- 1 .....
- 2 .....
- 3 .....

### **Mother and baby group**

*Telephone*

- 1 .....
- 2 .....
- 3 .....

### **Mother and toddler group**

*Telephone*

- 1 .....
- 2 .....
- 3 .....

### **Child minder**

*Telephone*

- 1 .....
- 2 .....
- 3 .....

### **Day nursery**

*Telephone*

- 1 .....
- 2 .....
- 3 .....

### **Play group**

*Telephone*

- 1 .....
- 2 .....
- 3 .....

### **Nursery class**

*Telephone*

- 1 .....
- 2 .....
- 3 .....

### **School**

*Telephone*

- 1 .....
- 2 .....
- 3 .....



## HEALTH CHECKS AT SCHOOL

Age	Hearing	<input type="checkbox"/>	Eyesight	<input type="checkbox"/>	Growth	<input type="checkbox"/>
<input type="text"/>	Referred	<input type="checkbox"/>	Referred	<input type="checkbox"/>	Referred	<input type="checkbox"/>

Age	Hearing	<input type="checkbox"/>	Eyesight	<input type="checkbox"/>	Growth	<input type="checkbox"/>
<input type="text"/>	Referred	<input type="checkbox"/>	Referred	<input type="checkbox"/>	Referred	<input type="checkbox"/>

Age	Hearing	<input type="checkbox"/>	Eyesight	<input type="checkbox"/>	Growth	<input type="checkbox"/>
<input type="text"/>	Referred	<input type="checkbox"/>	Referred	<input type="checkbox"/>	Referred	<input type="checkbox"/>

*Tick box as appropriate.*



177(22)

Name ..... BABY RIVADENEIRA .....

Date of birth ..... 22-6-85 .....

1. Address ..... FLAT 9 , 29 PALACE GATE .....  
..... W 8 ..... Tel. ....

2. Address .....  
..... Tel. ....

3. Address .....  
..... Tel. ....

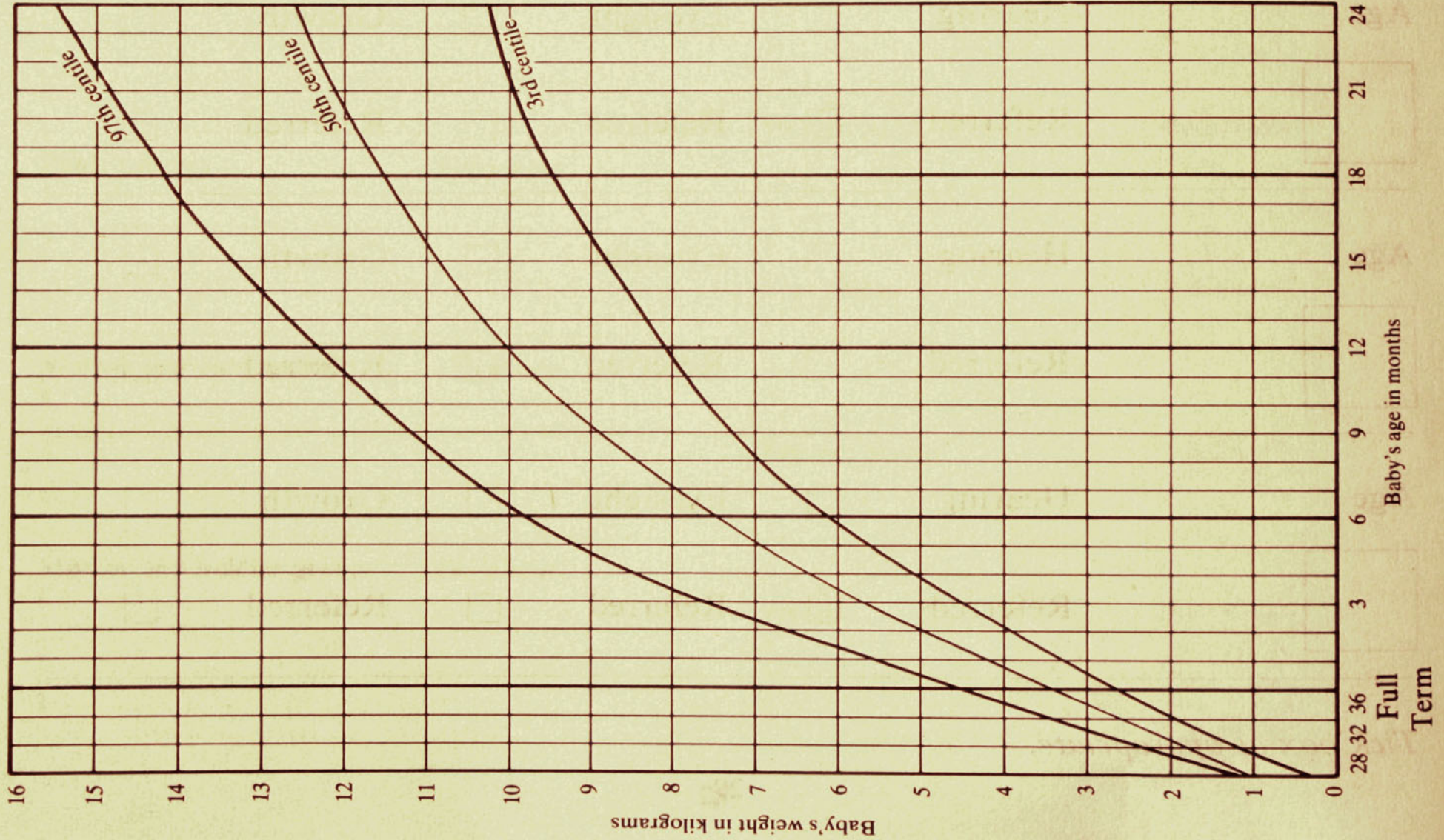
4. Address .....  
..... Tel. ....

5. Address .....  
..... Tel. ....



## Weight chart for boys in kilograms

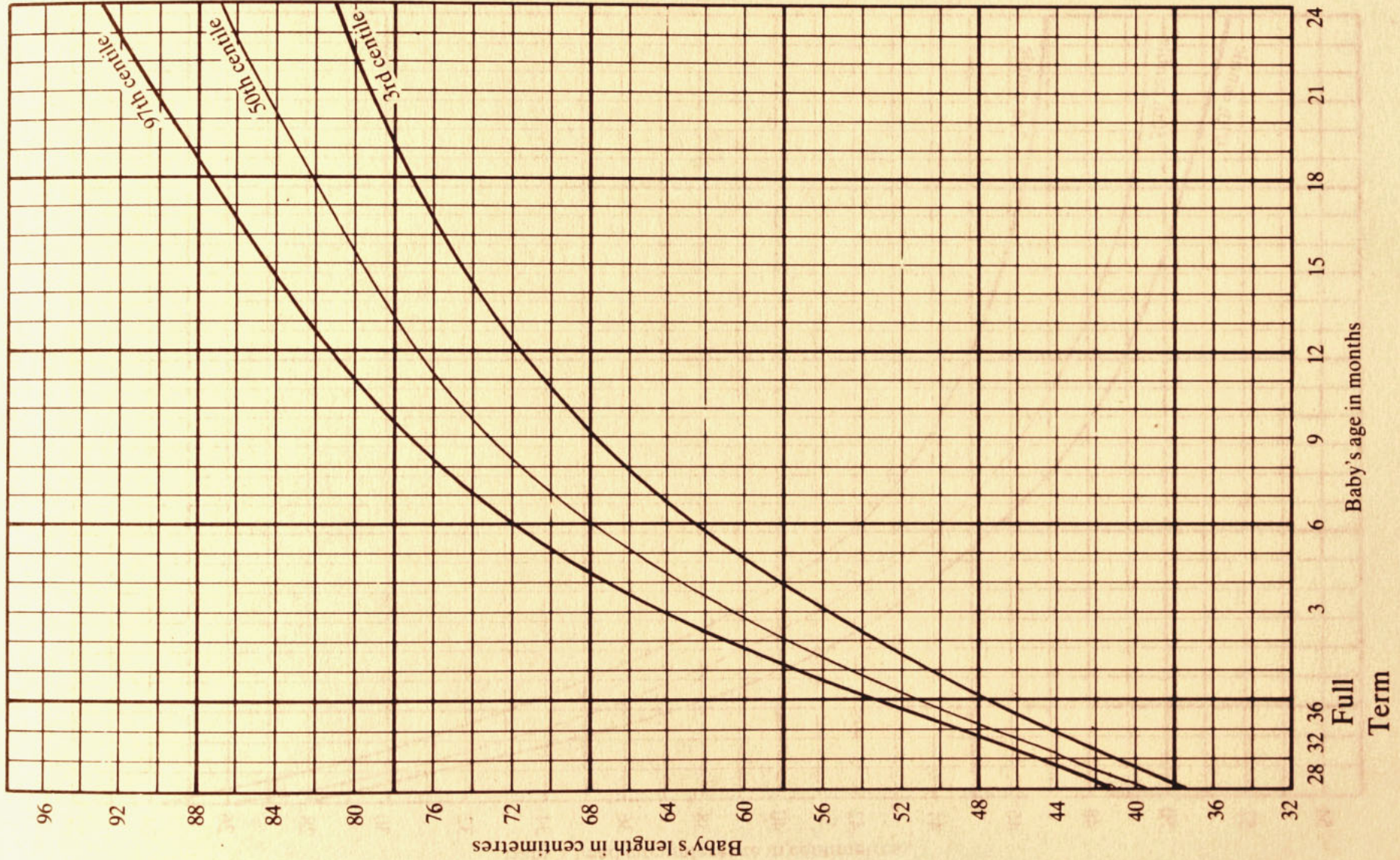
The preprinted growth lines show how babies grow in the first two years of life. The growth line for half of all babies lies between the outer two lines, close to the middle line. About one in twenty babies has a growth line above or below the outer lines.





## Length chart for boys in centimetres

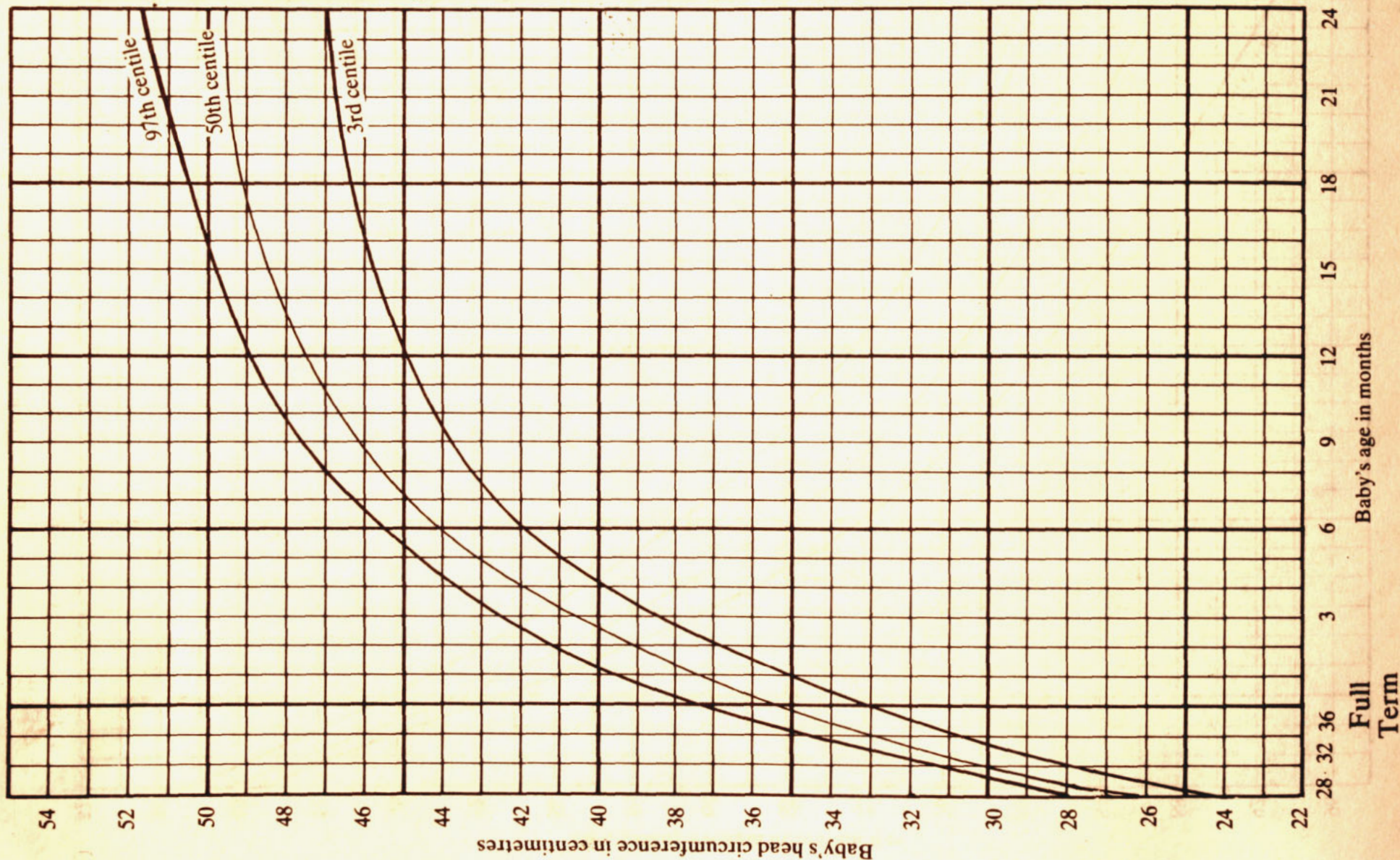
The preprinted growth lines show how babies grow in the first two years of life. The growth line for half of all babies lies between the outer two lines, close to the middle line. About one in twenty babies has a growth line above or below the outer lines.





## Head circumference chart for boys in centimetres

The preprinted growth lines show how babies' heads grow in the first two years of life. The growth line for half of all babies lies between the outer two lines, close to the middle line. About one in twenty babies has a growth line above or below the outer lines.





This booklet was compiled by the  
Society of Nurse Advisers (Child Health)  
in consultation with:

Association of British Paediatric Nurses.  
Association of District Medical Officers.  
Association of Specialists in Community Medicine (Child Health).  
British Medical Association.  
British Paediatric Association.  
Department of Health and Social Security.  
Health Visitors' Association.  
Royal College of General Practitioners.  
Royal College of Midwives.  
Royal College of Nursing.  
Society of Health Education Officers.





# **COMMUNITY HEALTH SERVICE NAMES AND TELEPHONE NUMBERS**

Space is provided to record changes in names and telephone numbers.

TITLE AND NAME	ADDRESS	TELEPHONE	
		normal	out of hours
Family doctor			
Health Visitor			
Midwife			
Clinic Centre			



## OTHER NAMES AND TELEPHONE NUMBERS

TITLE AND NAME	ADDRESS	TELEPHONE	
		normal	out of hours
Family Planning Clinic			
Dentist			
Hospital			
Social Worker			
Other			



## **WHY YOU SHOULD KEEP THIS RECORD UP TO DATE**

This book will provide a simple means of keeping a full record of your child's health.

It is important to write things down as soon as they happen as otherwise details may easily be forgotten. By doing this you will have vital facts handy, not only for yourself but also for your doctor, health visitor and others who will help you care for the health of your baby.

During your child's school years you may often be asked about sickness and immunization. Please keep the booklet safely and take it with you whenever you go to your health centre, clinic, family doctor, hospital and when you go to school medicals.

With this book you can work with the National Health Service to give your baby the best health care you can get.



**FOR COMPLETION ON TRANSFER FROM MIDWIFE TO HEALTH VISITOR**

Name ..... BABY RIVADENEIRA .....

Date of birth ..... 22-6-85 .. Length of gestation ..... 40<sup>+</sup> ..... /40 wks

Born at ..... WESTMINSTER HOSPITAL .....

Birth weight ..... 3.750 kg .. Length 55.5 cm Head circumference 36.5 cm

Date of transfer to health visitor ..... 24.6.85 .....

Weight on transfer ..... 3.550 kg .....

Method of feeding ..... BREAST .....

PKU test ..... (date) ..... (result) .....

Hypothyroid test ..... (date) ..... (result) .....

Other tests ..... BIY TEST (date) ..... 23.6.85 (result) ..... NEG .....

..... (date) ..... (result) .....

Admitted to special  
care unit ..... YES/NO ..... (date admitted) .....

..... (date discharged) .....



## BABY FEEDING RECORD

Breast feeding is the ideal way to feed your baby. Breast milk contains the correct ingredients babies require and also has protective substances to help them fight against infection. However, if you are unable to breast feed, it is very important to prepare your baby's milk feed correctly. It is advisable to check this with your midwife or health visitor from time to time. Follow the instructions on the packet exactly. Never give way to the temptation to just add an extra scoop.

**BABY WAS:**

**DATE CEASED COMPLETELY**

Breast Fed ☐ .....

Bottle Fed ☐ .....

### DATES OF INTRODUCING OTHER FOODS

(a) Vitamins A, C & D ..... (e) .....

(b) Fruit juice ..... (f) .....

(c) ..... (g) .....

(d) .....

It is wise to consult your health visitor or doctor before making changes in feeding. Milk will usually provide all your baby's needs until about the age of four months.



## **GUIDELINES ON AVAILABLE SERVICES**

### **General practitioner: (Family Doctor)**

It is important that you register your baby with a general practitioner, and get to know the services he or she has to offer. Some general practitioners also have their own well-baby clinics.

### **Health visitor**

The health visitor is a trained nurse, with an added year of specialized training. The majority of her time is spent dealing with the needs of children and she will be pleased to assist you with the care and development of your baby. The health visitor will be visiting you in your home when your baby is about 10 days old and thereafter at regular intervals and at your request.

### **Clinical medical officer**

A doctor with special training in child health and the development of children,

who can see and advise on your child's progress at regular intervals at the clinic and later at school.

### **Midwife**

The midwife is a specialist professional, trained in the care of pregnant mothers and newborn babies. She will care for you and your baby until she hands over to the health visitor.

### **District Nurse**

A trained nurse who has taken a further course in home nursing. She can assist you in nursing your child in illness.

### **Social worker**

The social worker is employed by the Social Services Department and offers help to individuals and families with personal and financial problems.