

# CHILDHOOD HEALTH RECORD

Birth to 18 years

#### YOUR CHILD'S CHECKUPS

Regular well-child and oral health checkups are very important for your child's health and development. This Childhood Health Record, along with the Lifetime Immunization Record, will help you keep track of important health information about your child.

Keep each section up to date so you'll have a useful and handy record of your child's health history. These records provide valuable information in an emergency and throughout your child's life. Keep them in a safe place at home and take them with you when you travel.

#### PREPARE FOR WELL-CHILD CHECKUPS

You will receive letters in the mail from the Department of Health with reminders to schedule checkups. They will also give you information about your child's growth and development, safety, nutrition, and recommended vaccines. Before each checkup, write down any questions you have about your child's health and development and take them with you. Be sure to ask if your child's vaccines are up-to-date.

Take this booklet and the Lifetime Immunization Record to your child's medical and dental visits.

You can also access your child's vaccine records online at **myirmobile.com**.

#### **BIRTH RECORD**

Name
Date of Birth/ Time
Weightlboz. Length
Place of Birth
City/State
Notes
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#### **EMERGENCY INFORMATION**

#### In an emergency, call 911

Washington Poison Center: 1-800-222-1222
Other important contacts
Allergies/Treatments
Special Health Needs/Treatments

#### **HEALTH SCREENINGS**

Health screenings are used to find or rule out certain health conditions. All children get certain screenings, such as hearing and vision checks. Some children will need other screenings, such as anemia or lead level testing. Talk to your child's doctor or nurse at each well-child checkup to learn more about the screenings your child needs.

Date	Test	Results

#### **HEALTH CHECKUPS**

H = height H% = height percentile W = weight W% = weight percentile HC = head circumference BMI = body mass index BMI% = BMI percentile



# **Health Checkup**

Date\_\_\_\_\_

Doctor/Clinic\_\_\_\_\_

Address	/Phone

H\_\_\_\_\_H%\_\_\_\_W\_\_\_W%\_\_\_\_HC\_\_\_\_

Notes \_\_\_\_\_

Injuries/Illnesses\_\_\_\_\_



## **Health Checkup**

Date\_\_\_\_\_

Doctor/Clinic\_\_\_\_\_

Address/Phone\_\_\_\_\_

H\_\_\_\_H%\_\_\_W\_\_\_W%\_\_\_\_HC\_\_\_\_

Notes\_\_\_\_\_

Injuries/Illnesses\_\_\_\_\_

2 months
Addross /Pho

## **Health Checkup**

Date\_\_\_\_\_

	Docto	or/Cilflic	 
Address/	Phone		
			_HC
Notes			
Injuries/III	nesses		
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	4
m	onths

## **Health Checkup**

Date\_\_\_\_\_

Doctor/Clinic\_\_\_\_\_

\_\_\_\_\_

Injuries/Illnesses\_\_\_\_\_

Health Checkup  Date Doctor/Clinic	Health Checkup  Date  Doctor/Clinic
Address/Phone	Address/Phone
HH%WW%HC	HH%WW%HC
Notes	Notes
Injuries/Illnesses	Injuries/Illnesses
Health Checkup  Date Doctor/Clinic	The first oral health checkup is recommended by 1 year of age or within 6 months of the first tooth erupting. Talk to your child's dentist about preventing cavities with flouride and sealants.
Address/Phone	Oral Health Checkup Date
HH%WW%HC	Dentist/Clinic
Notes	Address/Phone
	Services Received
Injuries/Illnesses	
	Notes

months	Date		
	Doctor/Clini	c	
Address/Pl	hone		
H	.H%W	W%	HC
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18 months	Health C	heckup	
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18 months	Health Cl Date Doctor/Clini	heckup	
18 months	Health Cl Date Doctor/Clini	heckup	
18 months Address/Pl	Health Cl Date Doctor/Clini	heckup	HC

2 years

The 2 year checkup is a good time to be sure your child has had all recommended vaccines. Ask your doctor, nurse, or clinic about any

vaccines your child may have missed. Some doctors will want to schedule a checkup at 2.5 years. This is a good time to talk about any development questions you have about your child. Ask your doctor or clinic if you should schedule a checkup at 2.5 years.

## **Health Checkup**

Date		Doctor/Cli	nic		
Address/l	Phone				
H		HC	_BMI	BMI%	
Notes					
Injuries/III	nesses_				
Oral He	ealth C	heckup	Date_		
Dentist/C	linic				
Address/l	Phone				
Services	Received	db			
Notes					

Health Checkup  Date  Doctor/Clinic	Health Checkup  Date  Doctor/Clinic
Address/Phone	Address/Phone
HBMIBMI%	_ HWBMIBMI%
Notes	Notes
Injuries/Illnesses	Injuries/Illnesses
Oral Health Checkup Date	Oral Health Checkup Date
Dentist/Clinic	
Address/Phone	Address/Phone
Services Received	Services Received
Notes	Notes



Health Checkup Date

Children vaccinated according to the recommended schedule will meet school entry requirements.

Talk to your doctor, nurse, or clinic for more information. You can also access your family's vaccine information online. Go to **myirmobile.com**.

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Dentist	, 0111110		
Addres	ss/Phone		

6 years	Date		<b>)</b>	
Address/Ph	one			
H	W	_BMI	BMI%	
Notes				
Services Re	ceived			

years Health Checkup  Date Doctor/Clinic	Health Checkup  Date  Doctor/Clinic
Address/Phone	Address/Phone
HWBMIBMI% Notes	HWBMIBMI% Notes
Injuries/Illnesses	Injuries/Illnesses
Oral Health Checkup Date	Oral Health Checkup Date
Dentist/Clinic	Dentist/Clinic
Address/Phone	Address/Phone
Services Received	Services Received
Notes	Notes



Ask your child's doctor or pharmacy about

years vaccines recommend old.	ed for your 9 year	years	Date_		
Health Checkup	Date		Doct	or/Clinic	
Poctor/Clinic					
Address/Phone		H	W	BMI	BMI%
HWBMI		Notes			
Notes		Injuries/Illr	nesses		
njuries/Illnesses					
		Oral He	alth Ch	<b>eckup</b> Date	e
Oral Health Checkup Date_		Dentist/Cl	inic		
Dentist/Clinic		Address/F	hone		
Address/Phone		Services F	Received_		
Services Received					
		Notes			
Notes					

**Health Checkup** 



There are several vaccines recommended for your child at 11 to 12 years of age.

Schedule a health checkup for your child at this age. You can also ask about vaccines at a sports physical or other doctor visit.

<b>Health Checkup</b>	Date_	
Doctor/Clinic		
HW	BMI_	BMI%
Notes		
<b>Oral Health Chec</b>	kup	Date
Dentist/Clinic		
Address/Phone		
Services Received		
		<del></del>
Notes		

12	
years	

## **Health Checkup**

Date Doctor/Clinic\_\_\_\_\_ Address/Phone\_\_\_\_\_ H\_\_\_\_\_BMI\_\_\_\_BMI%\_\_\_\_ Notes\_\_\_\_\_ Injuries/Illnesses\_\_\_\_\_ Oral Health Checkup Date Dentist/Clinic\_\_\_\_\_ Address/Phone\_\_\_\_\_ Services Received \_\_\_\_\_ Notes \_\_\_\_\_

Health Checkup	Health Checkup  Date  Doctor/Clinic
Address/Phone	Address/Phone
HWBMIBMI%	HWBMIBMI%
Notes	Notes
Injuries/Illnesses	Injuries/Illnesses
Oral Health Checkup Date	Oral Health Checkup Date
Dentist/Clinic	Dentist/Clinic
Address/Phone	Address/Phone
Services Received	Services Received
Notes	Notes

Health Checkup  Date  Doctor/Clinic
Address/PhoneBMIBMI%
Notes
Injuries/Illnesses
Oral Health Checkup Date
Dentist/Clinic
Address/Phone
Services Received
Notes



If your child has had all recommended vaccines, they will meet vaccine requirements for college, the military, and future employment.

Be sure to ask about additional travel vaccines your child may need.

Health Checkup Date\_\_\_\_\_

Doctor/C	linic				
Address/	Phone				
H	W	BMI		BMI%_	
Notes					
Injuries/II	lnesses				
Oral Ho	ealth Ch	eckup	Date		
Dentist/C	Clinic				
Address/	Phone				
Services	Received_				
Notes					

18
years

Now that your child is 18, they can sign up for MylR to get access to their vaccine records online. Have your child visit **myirmobile.com.** 

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Notes_			
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Call the WithinReach Help Me Grow Washington Hotline at **1-800-322-2588** (711 TTY relay) or **www.ParentHelp123.org** 





Watch Me Grow Washington is a program of the Washington State Department of Health.

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Visit: www.watchmegrowwa.org

To request this document in another format, call 1-800-525-0127.

Deaf or hard of hearing customers needing assistance,
please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

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