

[null|open: <http://www.rourkebabyrecord.ca/walk3.asp> for evidence links and information]

[null|open previously used Rourke record and change DOS]

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## 12 MONTH OLD WELL BABY VISIT:

S: Parental concerns: [none voiced] (list:)

See Rourke record for NUTRITION review

Review vitamin D supplementation (See Health Care Professional Tips document)

EDUCATION & ADVICE (in addition to Rourke, also review):

### Attachment:

Not all mothers bond with their babies right away, it's normal for that bond to take a little time to form. How are you feeling about the bond between you and your baby?

Whooley Depression Screen (See Health Care Professional Tips for interpretation):

1. During the past month, have you often been bothered by feeling down, depressed, or hopeless? [Yes|No]
2. During the past month, have you often been bothered by little interest or pleasure in doing things? [Yes|No]

Support for Mom? [yes|no|comments:]

Refer to Mental Health Resource Guide for Health Care Professionals <http://home.wrha.mb.ca/prog/mentalhealth/promotion.php>

Do you have difficulty making ends meet at the end of each month? [Yes|No]

Refer to Child Poverty: A Practical Tool for Primary Care <http://www.gov.mb.ca/health/primarycare/providers/povertytool.html>

Dental care discussed: Brush your baby's teeth twice a day as soon as the first tooth appears, especially before bed [Yes|No]

Given resource for WRHA Newborn to 6 years: [http://www.wrha.mb.ca/healthinfo/preventill/oral\\_child.php](http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php)

Where is infant sleeping? (red flag: co-sleeping):

O: See Rourke physical section

## A & P: 12 month old well baby: growth curves and development on track

1) Any identified concerns? [no|yes, comments and plan:]

2) Identified nutrition concerns? [no|yes, comments and plan:]

Recommended Vitamin D 1000 IU daily supplement as per WRHA Best Practice Guideline [yes|no, comments]

3) Any problems with weight gain? [no|yes, comments and plan:]

(Rule of thumb: birth weight tripled at 12m)

4) Any identified developmental concerns? [no|yes, comments and plan:]

5) Immunizations:

- administered 12m old immunizations (see medical bands)
- discussed and administered flushot if applicable
- discussed 18m old immunizations and provided pertinent pamphlets

Refer to <https://www.gov.mb.ca/health/publichealth/cdc/div/schedules.html>

6) Development: Given age appropriate activity list handout from Ages & Stages: 12-16m, 16-20m Activity Sheets

<http://home.wrha.mb.ca/prog/pph/hpecd/asq.php>

7) Given Rourke Baby Record Well Baby Resource Sheets 12 month: <http://www.rourkebabyrecord.ca/parents/>

8) Provided with Canadian Physical Activity guideline – for the early years 0-4 years (print off EMR)

9) Discussed Triple P Parenting program: [www.manitobatriplep.ca](http://www.manitobatriplep.ca)

10) Link diagnosis v202: done] (routine infant or child health check)

11) Can parent access online resources? If yes, send task to Clinical Support Staff to email list of on-line resources to parents in addition to the ones provided above.

12) Return to clinic at 18 months age