

[null|open: <http://www.rourkebabyrecord.ca/walk4.asp> for evidence links and information]  
[null|open previously used Rourke record and change DOS]  
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#### 4-5 YEAR OLD WELL CHILD 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):

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)

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>

O: See Rourke physical section

#### A & P: 4-5 year old well child : growth curves and development on track

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

2) Any growth concerns? [no|yes, comments and plan:]

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

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

5) Provided parent with "Feeding Your Child: 2 to 5 years old" and purple plate handouts

6) Immunizations: administered 4-5 year old immunizations (see medical bands)

- discussed and administered flushot if applicable

7) Development: Given age appropriate activity list handout from Ages & Stages: 60-66m Activity Sheet

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

8) Given Rourke Baby Record Well Baby Resource Sheet 4-5 years: <http://www.rourkebabyrecord.ca/parents/>

9) Provided with Canadian Physical Activity guideline – for the early years 5-11 years (print off EMR)

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

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

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

13) Return to clinic every 1-2 years for CPX