

[null|open: <http://www.rourkebabyrecord.ca/walk2.asp> for evidence links and information]

[null|open previously used Rourke and change DOS]

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6 MONTH OLD WELL BABY VISIT:

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

Any problems with previous immunizations? [no|yes, comments:]

See Rourke record for NUTRITION review

(Introduction to solids: remind parent(s) main nutrition coming from breast/formula & food choices to be iron-rich)

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:]

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

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

O: See Rourke physical section

A & P: 6 month old well baby: growth curves and development on track

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

2) Identified breastfeeding or formula feeding concerns? [no|yes, comments and plan:]

3) Any problems with weight gain? [no|yes, comments and plan:] (Rule of thumb: birth weight doubled at 4-5m)

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

5) Immunizations:

- administered 6m old immunizations (see medical bands)

- discussed and administered flushot if applicable

- discussed 12m old immunizations (provide handouts at 9m visit)

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

6) Discussed introduction to solids at 6m age:

- provided parent with "Feeding Your Child: 8 months to 2 years old" and "Iron...a nine month old baby needs more than an adult man"

- emphasized main nutrition from breast/formula and food choices to be iron-rich

- 7) Recommended attendance at Public Health's Intro to Solids session (contact Public Health office for info)
- 8) Development: Given age appropriate activity list handout from Ages & Stages: 4-8m Activity Sheet
<http://home.wrha.mb.ca/prog/pph/hpecd/asq.php>
- 9) Given Rourke Baby Record Well Baby Resource Sheets 4 month: <http://www.rourkebabyrecord.ca/parents/>
- 10) Provided with Canadian Physical Activity guideline – for the early years 0-4 years (print off EMR)
- 11) Link diagnosis v202: done] (routine infant or child health check)
- 12) Can parent access online resources? If yes, send task to designated Clinical Support Staff to email list of on-line resources to parents in addition to the ones provided above.
- 13) Return to clinic at 9 months of age