

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 immunizations 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 immunization records online at **wa.myir.net.**

BIRTH RECORD

Name
Date of Birth/ Time
Weightlboz. Length
Place of Birth
City/State
Notes

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
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H_____H%____W___W%____HC____

Notes _____

Injuries/Illnesses_____



Health Checkup

Date_____

Doctor/Clinic_____

Address/Phone_____

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Notes_____

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Health Checkup

Date_____

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Health Checkup

Date_____

Doctor/Clinic_____

Injuries/Illnesses_____

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Injuries/Illnesses	Injuries/Illnesses
Health Checkup Date Doctor/Clinic	The first oral health checkup is recommended by one year of age or within six months of the first tooth erupting. Talk to your dentist about preventing cavities with flouride and sealants.
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Notes	Address/Phone
	Services Received_
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The two-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.

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Health Checkup

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



Children vaccinated according to the recommended schedule will meet school entry requirements. You will need to provide a copy of your child's

immunization record. Talk to your doctor, nurse, or clinic for more information. You can also access your family's immunization information online. Go to **wa.myir.net.**

Health Checkup Date____

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Address/Phone	Address/Phone
Services Received	Services Received
Notes	Notes



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.

Health Checkup Date_____

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

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

Health Checkup Date_____

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Now that your child is 18, they can sign up for MyIR to get access to their immunization records online. Have your child visit **wa.myir.net.**

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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.

Follow us on Facebook @WatchMeGrowWA

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 civil.rights@doh.wa.gov.

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