

Your Child's 30 Month Well Visit – What to Expect, What to Ask

Your Name: _____ Your Relationship to the Child: _____

Are there specific concerns you want to discuss today? No Yes _____

Have there been any major changes in your family lately? None Move Job Change Separation Divorce

Death in the family New pet Other? Describe: _____

Child lives with? Both Parents Mother Father Stepparent Grandparent(s) Other? _____

Total number of adults living in home: _____ Total number of children living in home: _____

Who takes care of your child most days of the week?

Mother Father Other relative (e.g. grandmother) Daycare Other? Describe: _____

In general, how well do you feel you are coping with the day-to-day demands of parenthood?

Not well at all Not very well Somewhat well Well Very well

General Health Information: Since Your Last Visit	Yes	No	Unsure
Have you (or your child) had any major illness and/or hospitalizations?			
Have you or anyone in your family (or your child's relatives) developed any new medical problems?			
Does your child have allergies? If yes, describe:			
Does your child take medications regularly? If yes, list here:			
Do you have someone you can trust and go to for emotional support?			
Are your (and your child's) immunizations (includes flu and pneumonia vaccines) current?			
Do you or any adults who are around you (or your child) smoke (includes inside or outside the house)?			

Would you like to get more information on any of the topics below?

Injury Prevention	Health Promotion	Behavior	Nutrition
<ul style="list-style-type: none"> • Car safety restraints • Choking, unsafe toys • Poisoning • Burns • Water safety/temp • Supervised play • Electrical injury • Secondhand Smoke 	<ul style="list-style-type: none"> • Immunizations • Smoking in home • Well-child care • Dental care, appointment • Family Planning • Daycare 	<ul style="list-style-type: none"> • Parent/infant interaction • Social interaction • Limit TV • Set limits • Sibling rivalry • Toilet training 	<ul style="list-style-type: none"> • Healthy diet/snacks • Iron-rich foods • Physical activity • Weaning • Off bottle by age 1

Do you have any specific concerns about your child's learning, development or behavior? A lot A little Not at all

Describe: _____

Do you have any concerns about your child's vision (how well your child sees)? Yes No

Do you have any concerns about your child's hearing? Yes No

Please check each task your child is able to do right now.

Climb up and down stairs Speak in two word phrases Putting puzzles together Plays with more difficult toys

What to expect at your Child's Texas Health Steps exam:

Length Weight Lab tests – lead questions Dental Referral Unclothed Physical Exam & Health History
 Developmental Screening Parent Hearing Checklist Immunizations (possibly Hepatitis A & influenza)

This is not a self-diagnosis tool or a treatment plan. Please consult your doctor and share this with your doctor at your next visit.