

# My appointments

When	What	Date	Time	Done!
Birth - 14 days	Child Health Nurse			<input type="checkbox"/>
8 weeks	Mum: Doctor or Obstetrician			<input type="checkbox"/>
	Baby: Doctor or Paediatrician			<input type="checkbox"/>
	Child Health Nurse			<input type="checkbox"/>
	Immunisation			<input type="checkbox"/>
4 months	Child Health Nurse			<input type="checkbox"/>
	Immunisation			<input type="checkbox"/>
6 months	Immunisation			<input type="checkbox"/>
12 months	Child Health Nurse			<input type="checkbox"/>
	Immunisation			<input type="checkbox"/>
18 months	Immunisation			<input type="checkbox"/>
2 years	Child Health Nurse			<input type="checkbox"/>
3½ - 4 years	Immunisation			<input type="checkbox"/>
Kindy	School Entry Health Assessment (at school)			<input type="checkbox"/>
Year 8	Immunisation (at school)			<input type="checkbox"/>



# My appointments

New parent groups and playgroups are a great way for me to meet other babies and for Mum and Dad to meet other parents, too!

Parenting and playgroups			
Group	Where we'll meet	Date	Time

Other appointments			
Name	Where	Date	Time



# After I have seen the nurse

The nurse will fill in the table so you know that I've been checked. Each visit has different checks.

	Birth-14 days	8 weeks	4 months
Date completed	/ /	/ /	/ /
Age	days	weeks	months
Weight			
Length			
Head circumference			
Head			
Mouth			
Eyes and Vision			
Ears and Hearing			
Abdomen			
Genitals			
Testes fully descended (R/L)			
Arms, Legs			
Hips			
Skin			
Development			
Safe sleeping			



# After I have seen the nurse

The nurse will fill in the table so you know that I've been checked. Each visit has different checks.

	12 months	2 years	kindy
Date completed	/ /	/ /	/ /
Age	months	years	years
Weight			
Height			
Head circumference			
Head			
Dental – Lift the Lip			
Eyes and Vision			
Ears and Hearing			
Abdomen			
Testes fully descended (R/L)			
Arms, Legs, Gait			
Hips			
Skin			
Development			



I am 12 months old



# I am 12 months old

## Some things I may be doing:

- Pointing at things
- Attempting to feed myself and sipping from a cup
- Babbling and saying one or two words clearly
- Pulling myself up to stand while holding onto furniture

## Some ideas of spending time with me:

- Talking, singing and reading books with me
- Playing games with me on the floor
- Playing music and dancing
- Playing in the park or going to playgroup

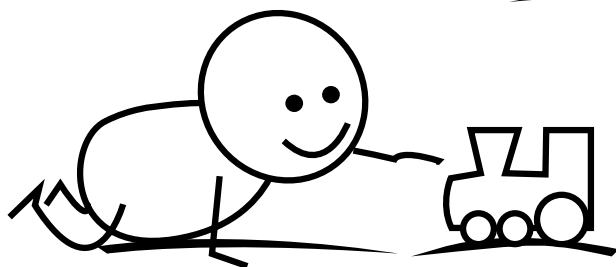
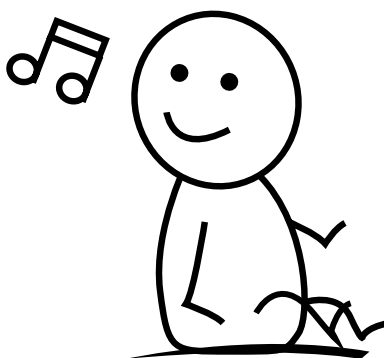
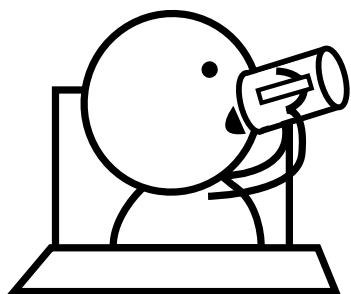
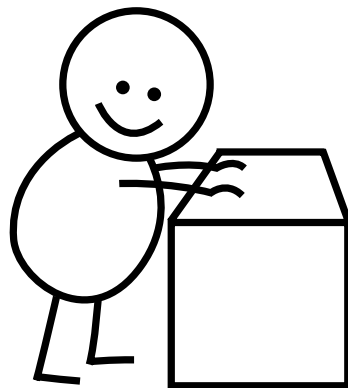
## Please talk to my child health nurse if I am:

- NOT doing things I used to do
- NOT enjoying eye contact or cuddles from you
- NOT trying to speak and laugh with you
- NOT trying to find out where sounds are coming from
- NOT pointing at things
- NOT crawling
- NOT standing with feet flat while holding on

## Where to find more information:

- Healthy WA – [healthywa.wa.gov.au](http://healthywa.wa.gov.au)
- Raising Children Network – [www.raisingchildren.net.au](http://www.raisingchildren.net.au)
- Ngala – [www.ngala.com.au](http://www.ngala.com.au)









I am 2 years old



# I am 2 years old

## Some things I may be doing:

- Using 50 or more words meaningfully. I understand even more words
- Putting two words together, such as 'drink milk'
- Pointing to body parts
- Having tantrums
- Pretend playing and copying others
- Climbing and running
- Clinging to caregivers when in new situations

## Some ideas for spending time with me:

- Reading books to me and telling me stories
- Playing in the park, going to the library or playground
- Joining a playgroup
- Drawing, painting and using puzzles or blocks
- Singing simple songs and asking me to repeat words you say

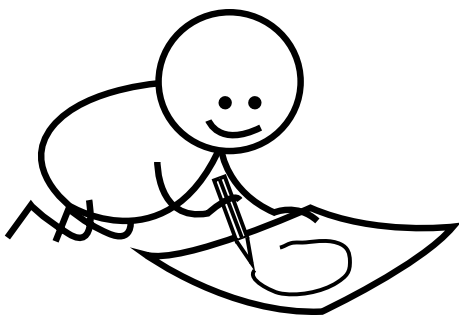
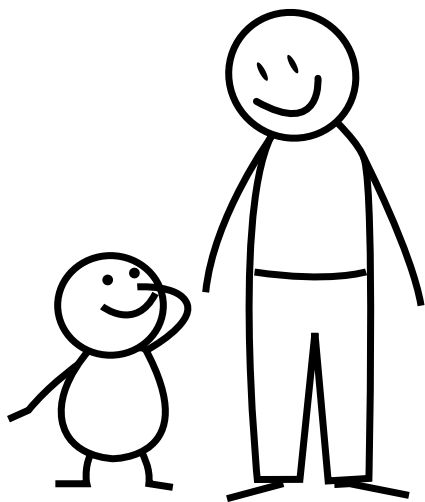
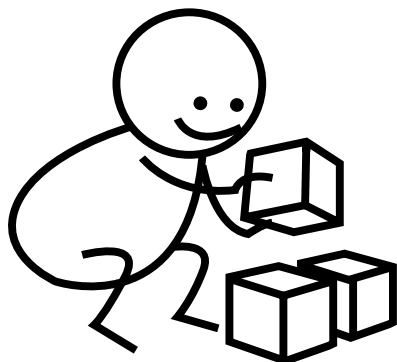
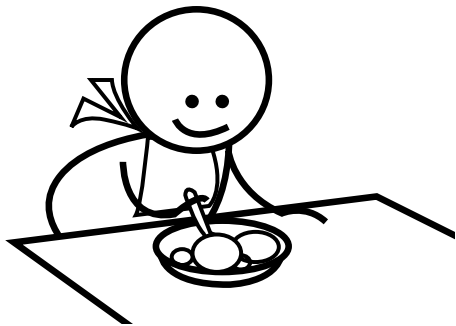
## Please speak to my community health nurse if I am:

- NOT doing things I used to be able to do
- NOT understanding many words
- NOT using 20 to 50 (or more) words meaningfully
- NOT putting words together
- NOT making eye contact
- NOT coming to you for cuddles or comfort
- NOT showing any signs of pretend play
- NOT running

## Where to find more information:

- Healthy WA – [healthywa.wa.gov.au](http://healthywa.wa.gov.au)
- Raising Children Network – [www.raisingchildren.net.au](http://www.raisingchildren.net.au)
- Ngala – [www.ngala.com.au](http://www.ngala.com.au)





# Your notes

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