



## Joint Follow-up: 12 months

♂ Boy  ♀ Girl  Date of the visit: \_\_\_\_\_ Age: \_\_\_\_\_ Accompanied by: \_\_\_\_\_

### Parental Concerns

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### Life Context

- Type of day-care?: \_\_\_\_\_  Social support network?: \_\_\_\_\_
- Change in the family?: \_\_\_\_\_  Difficulties in feeding the family?: \_\_\_\_\_
- Other \_\_\_\_\_

### Health Monitoring

- Persistent dacryostenosis? \_\_\_\_\_  Number of bouts of otitis in past few months?: \_\_\_\_\_

### Current Lifestyle Habits

#### Nutrition

- Breast-feeding: nbr of times/day:** \_\_\_\_\_
- Vitamin D: 800 IU/day of breastfed or 400 IU if bottle-fed**
- Other supplements/natural products?
- 3.25% milk (max 20 oz. or 600 ml/day) • Quantity: \_\_\_\_\_
- Other types of milk (avoid up to 2 years): \_\_\_\_\_
- Water offered during meals in open cup: \_\_\_\_\_
- Avoid juice:** \_\_\_\_\_
- Vegetarianism? \_\_\_\_\_

- Solid foods: *Cereals with iron*, vegetables, fruits, meat, beans, tofu, nut butter, **fish rich in omega-3**, whole eggs, cheese, yogurt
- Difficulty with some textures?: \_\_\_\_\_

#### Guidance

- Eats with fingers and with family
- Bottle weaning**
- Avoid small hard pieces
- Reduced appetite
- Respect signs of hunger and satiety of the child**

**Sleep (nbr of hours/24 h)?:** \_\_\_\_\_ **Is exposed to screens?** Yes  No  **Physical activities on the ground?:** \_\_\_\_\_

### Development Surveillance (age corrected if premature)

#### Cognitive

- Turns over a container to remove objects from it.
- Looks for objects that have been hidden (e.g., under a blanket or behind a piece of furniture).
- Explores objects and the effects they produce when in action (shaking, throwing, dropping, banging together).
- Imitates simple gestures and actions (e.g., bye bye or bravo).

#### Physics and motor

- Moves from lying down to sitting up without assistance.
- Stands with or without adult support.
- Walks while holding an adult's hands or holding on to furniture.
- Grasps small objects or food (e.g., cereal) with the tip of the thumb and another finger.
- Can place an object on a surface without dropping it (voluntary release).
- Holds a cup or sippy cup with both hands.

#### Language

- Understands words in specific contexts, aided by intonation and non-verbal cues (e.g. if the adult says "Where's Mommy?", the child looks at his/her mother).
- Makes known what he/she wants with gestures or a combination of gestures and sounds (e.g., reaches out or points).
- Repeats a series of syllabic sounds (e.g., "anaana, ataata").**
- Mimics facial expressions, intonation and sounds.

## Developmental Surveillance (continued)

### Social and emotional

- Is interested in other children, observes them, smiles or laughs when looking at them.
- Seeks the comfort of a significant adult (e.g., reaches out to be picked up when things go wrong).
- Shares with the adult what he/she is interested in by pointing, looking at the adult for attention (the start of joint attention).
- Initiates cuckoo or hide-and-seek games.

### Red Flag

- Moves one side of his or her body little or not at all in relation to the other side (asymmetrical use: avoids using one hand, keeps one hand more closed than the other).
- Does not move by any means (does not go on all fours, does not crawl).
- Does not react to the call of his or her first name or nickname (does not turn around or react).
- Seems not to hear well.
- Seems to see poorly.
- Loses a skill he or she had already acquired (regression).

## Physical Examination (age corrected on growth charts if premature)

Weight: \_\_\_\_\_ Perc: \_\_\_\_\_ Height: \_\_\_\_\_ Perc: \_\_\_\_\_ CP: \_\_\_\_\_ Perc: \_\_\_\_\_ H/W: \_\_\_\_\_

General appearance: \_\_\_\_\_

- Fontanelles, sutures
- Red reflex
- Corneal reflex
- Eye pursuit
- Modified cover test
- ENT \_\_\_\_\_
- Eardrums: \_\_\_\_\_
- Dentition? \_\_\_\_\_

- Heart
- Lungs
- Abdomen
- Limbs
- Hips: symmetrical abduction
- Teguments: \_\_\_\_\_
- Suspicious lesions?: \_\_\_\_\_
- External genital organs: hydrocele (?) (♂)
- Testes palpable? (?) (♂)

#### MOTRICITY

- Able to remain standing alone
- Walks alone or with help
- Crawls on all fours

#### REFLEXES

- Symmetric parachute reflex
- Deep tendon reflex (present, symmetrical)

### Observations

## Promotion of Healthy Lifestyles and Preventive Advices

- Encourage continued breast-feeding**
- Avoid screens (TV, tablet, cell phone)**
- Promotion of various physical activities (3 hours/day)**
- Good sleep hygiene: 11-14 h/24 h**
- Sleep (stable routine, in own bed, picture book)

- Tooth brushing with rice grain of fluoride toothpaste, visit to dentist**
- No bottle in bed**
- Safety (*burns, bath, electrical outlets, sun protection and seasonal protection, elbow dislocation, choking, poisoning and toxic plants*)

- Discipline (consistent limits and coherence between parents)
- Stimulation in day-care if underprivileged environment
- Proper playing postures
- Stimulation of development (see guide)

## Impressions and Conducts

### Impressions

- Physical health: \_\_\_\_\_
- Growth: \_\_\_\_\_
- Development: \_\_\_\_\_
- Other impression(s): \_\_\_\_\_

### Conducts

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Tools or resources for parents : \_\_\_\_\_

### General conduct

#### Immunization:

- Refused  Postponed
- MMR-Varicella**
  - DTaP-Polio-Hib**
  - Conjugated pneumococcal vaccine**
  - Meningococcal A, C, Y, W<sub>135</sub> vaccine (\*)*
  - Meningococcal B vaccine (\*)*
  - Results HBsAg and Anti-HBs dosage results (surrogate mother's baby if not done? (\*)**
- Regular visits to the dentist**
- Blood lead test? (\*)*
  - FSC, ferritin if not done (\*)*

Signature : \_\_\_\_\_ Next appointment: \_\_\_\_\_

(\*) If the child is at risk, see guide.

Recommendations: **bold = A**, *italic = B*, regular = C or I, underlined = MSSSQ good clinical prevention practices.

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