



3 years follow-up

♂ Boy ☐ ♀ Girl ☐ Date of the visit: _____ Chronological Age: _____ Corrected age if born preterm: _____

Accompanied by: _____

Parental Concerns

Life Context

- ☐ Attending daycare?: _____ ☐ Current family and friends support?: _____ ☐ Food insecurity?: _____
☐ Stressors (separation, grief, substance abuse or mental health conditions?): _____
☐ Other _____

Health Monitoring

Current Lifestyle Habits

Nutrition

- ☐ Water offered at the end or between meals: _____ ☐ **Avoid small hard pieces of food/supervision** _____
☐ Cow's milk 2% or enriched soy milk or 3,25% or unflavored vitamin D enriched soy milk (max 16 oz or 500 ml/day)? _____ ☐ Other supplements/natural products? _____
☐ **Avoid juice:** _____ ☐ **Balanced meal** _____
☐ *Vitamin D: 400 IU/day supplement* _____

Is exposed to screens (nbr min/d)? _____

Developmental Surveillance

Cognitive

- ☐ Copies vertical and horizontal lines
☐ Compares objects using the words: smaller/bigger/taller.
☐ Pretend play: uses toys to reproduce the detailed steps of the routines of everyday life (e.g.: give the doll a bath by talking to it, wash it and then dry it).

Physical and Motor

- ☐ Walks up the stairs, alternating feet when changing steps (can hold on to the railing or wall).
☐ Jumps on the spot, lifting both feet off the ground at the same time, without support.
☐ Eats meals using a fork, spilling little or no food.
☐ Can unscrew a lid or open a door handle
☐ Can classify similar objects (same color, same shape, same function)
☐ Put on some of his clothing

Language

- ☐ Understand 2-steps instructions without the help of gesture or repetition (e.g. Clap your hands and jump).
☐ Answers simple questions such as "Who...?", "How many?", and "Why?".
☐ Says his or her first name.
☐ Speaks clearly enough to be understood at least 75% of the time.
☐ Uses certain pronouns: ukua, uvunga
☐ Can recount an event in his own words
☐ Makes words of 5 to 6 chunks
☐ Which language does the child speak best?:
☐ What language(s) do you speak to your child?
☐ The child is exposed to how many languages and which ones? _____

Developmental Surveillance (continued)

Social and Emotional

- ☐ Plays in interaction with other children
- ☐ Accepts limitations imposed by the adult despite dissatisfaction (expresses disappointment at having to stop an activity but accepts it anyway).
- ☐ Able to wait a few minutes for the adult to respond to his or her need (e.g., to give the child what he or she asks for at mealtime).
- ☐ Participates in several steps of the daily routine (e.g., putting away toys, helping set the table, etc.).

☐ *Begins to recognize emotions (one's own or those of others)*

Red Flags

- ☐ Moves one side of his body little or not at all in relation to the other (asymmetrical use: avoids using one hand, keeps one hand more closed than the other).
- ☐ Has difficulty on stairs or walking (frequent falls, loss of balance, clumsiness, always walks on tiptoes).
- ☐ Does not look at the person when talking to them (lack of eye contact).
- ☐ Is not able to control his or her saliva (still drools).
- ☐ Seems not to hear well.
- ☐ Seems not to be able to see well.
- ☐ Loses a skill he or she has already learned (regression).

Physical Examination (age corrected on growth charts if premature)

Weight: _____ Perc: _____ Height: _____ Perc: _____ BMI: _____ Perc: _____ BP: _____

General appearance: _____

***Remember to look for active tuberculosis if there is a delay in height and weight

- ☐ Red reflex
- ☐ Corneal reflex test
- ☐ Cover-uncover test
- ☐ Visual acuity (3-5 years)

- ☐ ENT
- ☐ Eardrums: _____
- ☐ Teeth (cavities?): _____
- ☐ Heart
- ☐ Lungs

- ☐ Abdomen
- ☐ External genital organs
- ☐ Limbs
- ☐ Skin: _____
- ☐ Unexplained lesions?: _____
- ☐ Gait: _____

Observations: _____

Promotion of Healthy Lifestyles and Preventive Advices

- ☐ Avoid juice and soft drinks, offer water instead
- ☐ Offer a variety of foods from the 3 food groups: vegetables and fruit, whole grain products and protein foods, including 2 >= rich-iron food
- ☐ Promote healthy eating behaviours: involve children in preparing meals and snacks, encourage family meals, respect the child's hunger and satiety cues
- ☐ Recommend tooth brushing 2 times a day with fluoride toothpaste (the size of a small pea)
- ☐ Limited screen time (maximum 1 hour/d) shared with caregiver
- ☐ Avoiding violent programmes
- ☐ Encourage day-care attendance, especially if underprivileged environment
- ☐ Avoid eating and falling asleep in front a screen
- ☐ Encourage a smoke-free environment
- ☐ Ensure the child's safety: tools, matches, drowning, choking, **sun protection** and seasonal protection, *storage of firearms*.
- ☐ *Prevention of sexual abuse*
- ☐ *Parenting skills: refer to Inunnguiniq Child Dev't Pamphlets 4 years*
- ☐ *Promote a traditional and varied diet*
- ☐ *Promote outdoors activities in the land*

Impressions and Conduct

Impressions

- ☐ Physical health: _____
- ☐ Growth: _____
- ☐ Development: _____
- ☐ Other impression(s): _____

Conducts

Refer to Tasiurtigiit program if any of the developmental items have not been met or if developmental difficulties or delays are suspected

Refer to audiology if language delay or parental concerns about hearing

Suggest parents to participate in SIPPE (Ilagiilluta) activities if available in the village

General conduct

- ☐ Regular visits to the dentist (in priority if cavities)
- ☐ Vision test (optometrist) request a consultation between 3 and 5 yo
- ☐ Lipid profile, if not done? (*)
- ☐ Referral if overweight or obesity
- ☐ *Blood lead test? (*)*

Signature : _____ Next appointment: _____

Recommendations: <https://enseignement.chusj.org/fr/Formation-continue/ABCdaire/recommandations>

(*) 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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